

How to prepare for your Sleep Study

In Office Testing (Overnight in Office)		At Home Testing (Evening Pickup)		At Home Testing (Daytime Pickup)	
Arrival:	7:00pm - 8:30pm	Arrival:	7pm - 7:30pm	Arrival:	7am - 2pm
Check in:	8:00pm - 8:30pm	Check in:	7pm - 7:30pm	Check in:	7am - 2pm
Check out:	5:30am - 6:30am	Return:	7am - 10am (next day)	Return:	7am - 10am (next day)

Late Arrival: For In Office Testing and Evening Pickup Home Testing, our lobby doors open at 7pm. We will need to reschedule your sleep test if you are more than 35 minutes late for your appointment. A message can be left seven days a week by calling (318) 443-1684, Option 1. Please leave a detailed message, including the patient Name, Date of Birth, phone number and reason for call. To avoid a setup charge, please call us 24 hours in advance of any appointment cancellation.

Visitors must be approved: All visitors, including family, must be authorized in advance in order to stay overnight with a patient.

About In Office Testing: Rooms are private with a half bathroom, Wi-Fi, Cable TV, and temperature control. A phone is available for emergencies. A staff member will welcome patients and explain the procedures during the check in process. The test monitors brain waves, respirations, heart rate, oxygen levels and more. Sensors will be applied to the surface of the head, torso, face, legs, and fingers. All evaluations are recorded on video for security and diagnostic purposes. If sleep apnea is diagnosed, a second sleep study may be ordered to evaluate response to prescription therapy. Customer feedback is very important to us; please let us know if we can do anything to improve your stay. Please call us at (318) 443-1684 with questions, comments and feedback.

Driving Directions: Our Main office is located at 223 Windermere Blvd, Alexandria, LA 71303. Our location is less than one mile off of HWY 28 West (Coliseum Blvd). Our office is a brick building behind a Chevron. As you pull into our drive entrance off of Windermere, turn left at the STOP sign. The Sleep Center will be straight ahead and slightly to the right. Our lobby door opens at 7:00pm.

NOTICE: Red River Sleep Center is a smoke free and firearms free facility. RRSC does not recognize Do Not Resuscitate "DNR" directives; life saving measures are utilized for all patients.

In Office	At Home	CHECKLIST: How To Prepare For Your Sleep Testing
✓	NA	Remove hair extensions, braids, and netting from hair.
✓	NA	Bring items necessary to aid in your comfort for the scheduled stay (i.e., favorite pillow & blanket).
✓	✓	Follow your normal medication routine. Bring any medications you need with you for In Office Testing.
✓	✓	Avoid caffeine four hours prior to your arrival (coffee, tea, soft drinks, chocolate, etc.).
✓	✓	Tobacco use, smoking, electronic smoking/vaping are not permitted inside the sleep center. A cleaning charge will be applied for any home testing units returned with a tobacco/cigarette odor.
✓	✓	Leave all valuables, firearms and alcoholic beverages at home.
✓	✓	Avoid napping on the day of your sleep study and Maintain your usual exercise habits prior to testing.
✓	✓	Maintain your usual sleeping habits the night before your sleep study; do not try to keep yourself awake longer than usual.
✓	✓	Eat an evening meal prior to your arrival. If you are diabetic, bring an appropriate snack with you. If you require a food cooler, please bring one with you.
✓	✓	Loose fitting shirt and shorts/pants are required, something you would wear in public, such as cotton T-shirt and shorts. Please no nylon or silk pajamas as these materials inhibit testing signals.
✓	✓	Come freshly showered, showers are not available in office. Remove oils, creams, lotions, makeup, hair product, nail polish, and false nails as these products may interfere with the testing.

(318) 443-1684

223 Windermere Blvd., Alexandria, LA 71303 | Fax: (318) 427-3303 | www.RedRiverSleep.com