



Your choice for comprehensive sleep medicine.

2128 Babcock Rd., Bldg 1 San Antonio, TX 78229-4411 • 19222 Stonehue #105 San Antonio, TX 78258-3454
(210) 340-1141 • (800) 382-2260 • Fax (210) 344-3862

Dear Patient,

Alamo Sleep Disorders Center wishes to thank you for your patronage. We ask that you arrive at our Sleep Center at your scheduled time. This will allow us time to prepare the equipment and will allow you time to get acclimated to the sleep laboratory environment before testing begins. Your test will end at approximately 6:00am and you should be able to leave the laboratory before 6:30am. **If you are not driving yourself, please arrange for your transportation to arrive by 6:30am.** We can arrange for you to depart earlier if necessary, just notify the sleep technician of your time requirements upon your arrival at the laboratory. Our laboratory is equipped only to handle our patients. Members of your family may stay with you until it is time for testing to begin, then they will be required to leave.

Prior to arriving at the sleep center, we wish for you to:

- Bathe/shower and wash your hair. Please leave your hair in its natural state. No hair weaves, braids, clips or other devices can be used due to our testing procedures.
- Do not apply any lotions, conditioners, gels, or creams to your hair or body.
- Do not have any caffeine products after 12 noon the day of your study.
- Do not take any naps during the day of your study.
- On the day of your study, please awaken 1-2 hours earlier than normal, if possible.
- Please notify us in advance if you have any special needs or concerns.
- Continue to take all of your current medications and bring any medications you take at night to the center. **We do not administer medications.**

You should bring the following items to the sleep center:

- Completed Sleep History Questionnaire.
- Comfortable, **loose** clothes to wear to bed – pajamas nightgown, shorts and a tee shirt or sweat clothes.
- Any medications that you need to take during the night.
- A book or magazine to read before bed.
- You might want to bring your own pillow.
- Toothbrush, toothpaste, and other toiletries.

- _____ Photo ID
- _____ Insurance Card
- _____ Medicare Card
- _____ Current Medicaid Eligibility
- _____ Military ID
- _____ Tricare/Humana Military Card
- _____ VA Card & Approval Letter from VA
- _____ Payment of \$ _____

Amount quoted for patient responsibility is an estimate based on information provided by your insurance company. Actual balance due is determined once a claim has been processed.

If you have any questions, please feel free to call us or visit our website at www.alamosleep.com. Our website also has directions and maps to our facilities.

A \$75.00 FEE WILL BE ASSESSED IF AN APPOINTMENT IS CANCELLED WITHOUT A 24-HOUR NOTICE. THANK YOU.