



CCHC Sleep Lab  
1020 Medical Park Ave.  
New Bern, NC 28562

Phone: 252-634-2240  
Fax: 252-634-2241  
www.cchchealthcare.com

**Overnight Sleep Study:** Your appt. date & time is \_\_\_\_\_pm. You will be finished by 5:30am. If you are not driving yourself you should arrange for a ride home by 6:00am the next morning.

It is important to arrive on time for your appointment. **We will need to reschedule you if you are 30 minutes or more late for your appointment.** Exceptions will be made if prior notice has been given for expected late arrival. Our office will be calling you prior to your appointment for confirmation and to answer questions in reference to the sleep study.

**Please call the sleep lab to cancel/reschedule as soon as you know that the appointment date you've been given will not work for you. If you must reschedule your sleep study appointment, we request that you give no less than 48 hours' notice. There may be a \$50.00 fee charged for failure to provide ample notice of cancellation/rescheduling. If extenuating circumstances prevent the ability to give ample notice, the fee may be waived at the sleep lab director's discretion upon request.**

#### How to Prepare for a Successful Sleep Study:

- Please bathe and have your hair shampooed prior to arrival. Do not use body lotions, hair spray, hair oils or any other hair products. **All hair weaves, extensions, etc. should be removed prior to your appointment.** All makeup will need to be removed as well.
- Do not take any naps the day of your study and if you feel as though you might have a difficult time getting to sleep during your study it is recommended that you wake up earlier the morning of your study.
- You should take your prescription medications as prescribed unless your physician instructs otherwise. **If prescribed sleeping medication is required, it is requested that they be brought to the sleep lab and taken just prior to the start of the study.**
- You may bring a favorite pillow/blanket if desired, though we have plenty of both. You may also bring electrical devices such as a Kindle, iPad, laptop computer, etc. We have Wi-Fi for your convenience.
- Eat dinner avoiding alcohol consumption.

#### Bring the Following:

- **Sleeping attire:** pajamas, nightgowns, or t-shirts and shorts – comfort is most important. Due to the monitoring equipment that will be applied, we request that our patients not plan to sleep shirtless, and not wear pajamas/gowns that are silk or satin.
- **Sleep questionnaire:** please fill out the questionnaire included with this instructions/directions sheet to the best of your ability. Make sure to list medical history and current medications. If the questionnaire is unclear to you in any way, please call the sleep lab for clarification. If you did not receive a questionnaire, or lost the one you were sent, you may either bring a list of your medical history/medications and arrive 15 minutes before your appointment time to fill out a new questionnaire, or visit [www.cchchealthcare.com](http://www.cchchealthcare.com), click "FORMS", then scroll down to "sleep lab instructions" and "sleep lab questionnaire"; print and complete.
- **Drivers license/identification card and insurance card(s):** Federal law requires all healthcare practices to obtain, verify, and record information that identifies each new patient.

***Please note that when you arrive at the sleep lab, the door will be locked. There is an intercom with a round button to the right of the door. Press the button – the technologist will ask your name to verify that you have an appointment with the sleep lab, and then will remotely unlock the door for you to enter. You may take either the stairs on the left or the elevator on the right to reach the sleep lab on the second floor.***

#### Directions to the lab:

**From Morehead City:** Take Hwy 70 to Hwy 17 (Martin Luther King Blvd) exit. Turn left onto Hwy 17 and go to McCarthy Blvd. intersection. Turn right onto McCarthy Blvd. Go approx. ¼ mile and turn right onto Wellons Blvd. CCHC Sleep Lab will be in the Medical Park Complex on your right. The sleep lab is located in the building that runs parallel to Wellons Blvd. on the second floor facing the elevator.

**From Jacksonville:** Take Hwy 17 into New Bern. Turn left onto McCarthy Blvd. Go approx. ¼ mile and turn right onto Wellons Blvd. CCHC Sleep Lab will be in the Medical Park Complex on your right. The sleep lab is located in the building that runs parallel to Wellons Blvd. on the second floor facing the elevator.