



ALASKA BRAIN CENTER, LLC

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Phone: (907) 373-6500 Fax: (888) 456-0663

Sleep Study Information

Appointment Date: _____

Check-in Time: 9:30pm Wake up Time: 5:00am

- If you have any questions, please call 907-373-6500 between the hours of 8:00am and 4:30pm Mon-Fri.
- Electronic devices will be asked to be powered off upon lights out.
- If you need to cancel or reschedule please call the office ASAP. If there is an emergency, please call before 4:00pm the day of so we can make arrangements with our technicians. For Saturday or Sunday appointments you may leave a message on the machine. If we are unable to confirm your appt. the day prior we will have to cancel your appt. **There will be a \$50 fee if you do not show up to your appointment.**

What to bring:

- Medications
- Comfortable clothes to sleep in and slippers
- Change of clothes for the morning
- Pillows/blanket (we do provide these items so it is optional to bring your own)
- Reading material
- Snacks and a drink

How to prepare:

- * **DO NOT Nap** the day of the study
- * **Avoid caffeine after 12 Noon**
- * **If you feel like you will need a sleeping pill to help you rest please let us know before your appt. so we can fax a one-time prescription to your pharmacy. You MUST bring the pill to your appt. and have our Sleep Tech witness.**
- * **We do Not have a wheelchair at our office so if you need one you will need to bring your own.**

You may take a shower before the study as this may help you to feel more relaxed. You should come in with clean/dry hair and **avoid** any sprays, gels, or oils to your hair. Also **avoid** any body lotion, oils, or make-up.

If you require transportation, your ride may pick you up at 5:30 am the next morning.