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## PATIENT INFORMATION AND CHECKLIST

- Please bring the following with you to our Sleep Laboratory
  - Loose, comfortable fitting sleepwear
  - Favorite pillow and/or blanket, if you choose
  - Toiletries; toothbrush/paste, comb, deodorant.
  - Clothes to go home in
  - Reading materials, laptop PC, if you choose (WiFi available)
- The Sleep Lab provides sheets, blankets, pillows, towels
- **Please be advised to:**
  - Continue medications ordered by physician (no medications will be given by the Sleep Lab Staff)
  - Bring a list of all medications.
  - Bring any medications you may need during the night.
  - Bring your PAP mask if you are coming in for a titration study. If you don't have one, the sleep lab will provide one for the night of the study.
  - If you are diabetic bring insulin and a snack.
  - If you are taking sleeping pills, bring them with you and take as usual.
  - Eat dinner before coming to the Sleep Lab as no food is available.
  - Do not consume large amounts of caffeine 10 hours before the sleep study.
  - Do not take a nap during the day of the sleep study.
  - Do not use hairspray, gels, mousse, etc., the day of the sleep study.
  - Remove gel nail or artificial nail and nail polish from at least one finger before arriving at the sleep lab for proper monitoring of your oxygen.
  - For proper placement of electrodes, skin must be clean and dry at the time of your visit.
  - Dirt, oils, and/or skin care products can adversely affect the readings.
  - Sleep Lab closes promptly at 7 am. All patients requiring transportation in the morning must arrange for pick-up before this time. Seating is provided in the lobby of the building for anyone requiring a later pick-up time.*
  - Smoking is not permitted in the building or during the sleep study.**
- You must be accompanied by a family member/significant other (i.e. your caregiver/nursing assistant/staff member of your nursing facility) who can stay with you during the study:
  - If you are under the age of 18
  - If you are significantly disabled physically or mentally
  - If you need special assistance, for example using bathroom, changing urinals, diapers, etc.
- Please ask your Sleep Lab Technologist about any problems or concerns that you may have during the study. At your request, the technologist will consult the Medical Director and/or Administrative Director for advice and directions.

**IF YOU NEED TO RESCHEDULE OR CANCEL YOUR APPOINTMENT IT IS REQUIRED THAT YOU GIVE 24 HOURS NOTICE OR YOU WILL BE CHARGED A \$100 FEE.**

Any questions, call the Sleep Laboratory: (413) 253-2767

Hours: Monday – Friday 8:30AM to 5:00PM. In case of an emergency and/or cancel your appointment.