

Scheduled Sleep Study Date: \_\_\_\_\_; for \_\_\_\_\_

**Sleep Lab Checklist for  
Adult Sleep Patients**  
(Please bring your insurance card)

1. Location of sleep study: 14000 Boys Town Hospital Road, Boys Town, NE 68010  
Phone #: 531-355-6090
2. The arrival time for the sleep study is between 7:30 p.m. and 7:45 p.m.
3. We will attempt to keep your usual bedtime; however, you must be hooked up for sleep by 10:30 p.m. Please bring all items for normal bedtime rituals, including:
  - a. Pajamas (tops & bottoms)
  - b. Toothbrush
  - c. Electronic devices (sleep technician will explain time frame for use)
4. If you have a particular ritual prior to bedtime, please bring all necessary items for that ritual with you, if possible.
5. Dinner is not provided. Please eat prior to arrival.
6. Please bring any and all comfort items for sleep, such as a blanket or pillow.
7. Please remember, Boys Town National Research Hospital is a NO SMOKING facility.
8. Do not consume caffeine on the day of the study.
9. Refrain from napping the day of the study (if at all possible).
10. Please bring your medication list and all medications needed with you.
11. Please bathe/shower and wash your hair on the day of the study. Do not wear hair in braids. **Hair must be dry and free of hair products. Please, no finger nail polish on fingers or toes.**
12. You may bring items such as cell phones, DVDs, etc. The sleep tech will determine the time for discontinuing their use.