

Sleep lab checklist for adult sleep patients

Scheduled sleep study date: _____

Patient: _____

- **Location: 14040 Hospital Rd
Boys Town NE 68010**
this is the “middle door” of the three visible entrances
- **Phone#: 531-355-6895**
- Arrival time is 7:30pm
- We will attempt to keep the usual bedtime for you. Please bring all items needed for normal bedtime
 - Pajamas/sleepwear (**top & bottoms required**)
 - Toothbrush
 - Electronic devices – **Tech will explain the need to turn off all devices at lights out time**
- Dinner is not provided, please eat prior to arrival
- No caffeine after 1pm
- No nap on the day of the study, if nap is needed, please have it as early in day as possible
- Bring any needed medications, medication must be in original container. We do not dispense any medication
- Please bathe/shower on the day of the study. Hair must be clean & dry with no hair products.
- **Boys Town National Research Hospital is a NO Smoking/vaping facility, this includes the building & grounds**