

Sleep Lab Checklist for Adult Patients

Scheduled Home Sleep Study Date: _____

Patient: _____

Location: **14040 Hospital Road**
Boys Town, NE 68010
This is the “middle door” of the three visible entrances.

Phone: **531-355-6895**

Arrival time: **7:30 PM**

- We will attempt to keep the usual bedtime for you. Please bring all items needed for normal bedtime, including:
 - ✓ Pajamas/sleepwear (**top and bottoms required**)
 - ✓ Toothbrush
 - ✓ Electronic devices – your sleep technologist will explain the need to turn off all devices at lights-out time.
- Dinner is not provided. Please eat prior to your arrival.
- No caffeine after 1:00 PM.
- 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 and dry with no hair products.
- Boys Town National Research Hospital is a NO smoking/vaping facility. This includes the building and grounds.

>> 531.355.6895
boystownhospital.org

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