

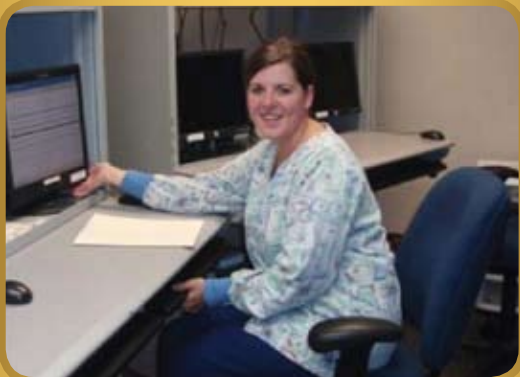
FEEL AT HOME AT SLEEP WELL CENTERS...

At Sleep Well Centers we know that having a sleep study can be an intimidating idea. That's why we go above and beyond to provide you with the most home-like atmosphere as possible.

From wearing your own pajamas, to watching television and relaxing before your nighttime study, we know the importance of making you comfortable to obtain the most accurate results.

MEDICALLY SPEAKING

There are a wide variety of reasons for ordering sleep studies. We do our best to answer your questions and address your concerns, so if you have any, please feel free to contact us at 888-996-4319



ABOUT YOUR STUDY...



- Expect a call within 24 hours from Sleep Well Centers to schedule your overnight visit.
- Park right at your center's front door.
- Bring toiletries if you'd like to freshen up before or after sleeping.
- Feel at home in the queen-sized, pillow-top beds and the flat-screen TV's have cable!
- Our experienced, caring staff will be with you every step of the way.
- This is a non-invasive, pain-free study.
- There's a kitchen if you need it.
- You will be asked to arrive at the lab by 9 p.m., and will check out in the morning, usually between 5 and 6:00 a.m.

TIPS FOR A GOOD STUDY



- Eat a normal dinner the evening of your sleep study
- Do not consume caffeine after 1:00 pm on the day of your study
- Do not consume alcohol on the day of your study
- Try not to nap on the day of your study
- Maintain your daily medication regimen

