



Place Patient Label  
Inside This Box

You have been referred to one of **FirstHealth of the Carolinas Sleep Centers** listed below for an **Overnight Sleep Study**.

Your appointment is scheduled for Date: \_\_\_\_\_ Time: \_\_\_\_\_

- Moore Regional Hosp**                      **910-715-3338**                      *Office Hrs. 8am to 4:30pm*                      **Mon. – Fri.**
  - Outpatient Registration**, 100 Page Road North, Pinehurst, NC 28374
  - Main Entrance**, 155 Memorial Drive, Pinehurst, NC 28374
- Richmond Memorial Hosp**                      **910-417-3952**                      *Office Hrs. 8am to 4:30pm*                      **Mon. – Fri.**
  - Emergency Room Access**, 925 South Long Drive, NC 28379
  - Outpatient Pavilion**, 925 South Long Drive, NC 28379
- Montgomery Memorial Hosp**                      **910-571-5600**                      *Office Hrs. 8am to 4:30pm*                      **Mon. – Fri.**
  - Emergency Room Access-Registration**, 520 Allen Street, Troy, NC 27371

In order to make your stay in the Sleep Center more comfortable we ask you to review the following items for the night of your sleep study:

- Wear clean and comfortable sleeping clothes such as shorts, pajamas or loose fitting sweat pants.
- Bring personal products that you may need to wash and clean yourself in the morning.
- Please shower and wash your hair prior to coming to the lab (hair must be dry). Wear your hair loosely (no hair weaves or braids). Please do not put any hair spray, hair gel, or oils in your hair.
- Please do not wear any make-up, finger-nail polish, lotion, powder, aftershave or cologne.
- Avoid drinking soft drinks, coffee, tea or any other beverages that contains caffeine for at least 6 hours before the test.
- Take your daily medications unless instructed otherwise by your physician.
- Bring medication list or packaging to be reviewed.
- A locked cabinet is available to store medications and personal belongings.
- If you are currently using CPAP, please bring your mask (mask only, not the machine).
- **Do not bring personal bedding such as pillows or blankets.** If you do, you will have to return them to your vehicle.
- **No weapons are allowed.**
- **Tobacco use is not allowed on campus.**
- **No guest is allowed to stay overnight unless previously authorized.** If you have any special needs or questions, please call the Sleep Center before the appointment. **(Refer to Guest Policy)**
- **The technologist does not provide the physical assistance a patient may require (i.e. lifting, moving, holding, changing any garments, cleaning/bathing).**

**Please be on time.** Showing up late may result with rescheduling your appointment. If you need to reschedule or cancel your appointment, we ask that you call the Sleep Center as soon as possible. **(Refer to Appointment Policy)**

**Refer to the website below for additional information, pictures of the sleep labs and videos of the in-lab overnight sleep testing process.**