

Sleep Specialist Office Visit Information Packet

An initial office visit with the sleep specialist physician has been scheduled prior to your sleep study. If you have already scheduled your sleep study, based on the sleep specialist's evaluation, the sleep study may be modified, postponed, or cancelled.

2 WEEKS BEFORE YOUR OFFICE VISIT:

Included in this packet are questionnaires, educational materials, and a sleep log.

1. Fill out the questionnaires before your office visit
2. Keep track of your sleep patterns for the days prior to your office visit.

WHAT TO BRING TO YOUR OFFICE VISIT:

- Completed questionnaire attached to this document
- Completed Sleep Diary
- A list of all medications you normally take, including non-prescription medications.

It is important to completely fill out the entire questionnaire and bring it with you to your office visit. If you forget to bring it, you will have to fill out another one upon arrival. This information is critical for the doctor evaluating your sleep condition.

Call the Sleep Center with Questions:

847-663-8200

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