

Instructions for sleep study patients

- Please shower and do not use any creams, lotions, etc
- Hair should be washed and do not use conditioner, mouse, gel etc.
- Men, if you shave, please make sure you are clean shaven. If you have a beard, the technicians will work around it.
- Do not nap and Do Not consume alcoholic or caffeinated beverages 4-6 hours before your study?

Please bring the following:

- Pajamas or something loose and comfortable to sleep in (shorts and t-shirt)
- Any medications that you normally take at night or in the morning
- A questionnaire if you were given one by your doctor
- We do not provide any sleep medications, if you feel you may need a sleep aid, please consult your physician

Peterson Lab

The address is: 2522 W Peterson Chicago, IL 60659 773-262-4110

Please arrive at the time of your scheduled appointment.

There is a parking lot in the rear. Please walk around to the front entrance and ring the door bell. The technician will show you to your room and let you change into your sleeping clothes. The technician will then apply electrodes to your head, face, chest, arms, and legs. You will be video and audio recorded.

Your study will be over between 5-6 am.

Crowne Plaza-Metro

The address is: 733 W Madison Chicago, IL 60661 312-829-5000

There is only valet parking available. The front desk will validate your ticket. Your room charges and parking charges will be billed to Sleep Diagnostic Center, however the hotel will ask for a credit card for incidentals. Please check in at the front desk at least ½ hour before your appointment time. You may check in any time after 6 pm. Your technician will knock on your door at your scheduled appointment time. Please be ready in your sleeping clothes at that time. The technician will then apply electrodes to your head, face, chest, arms, and legs. You will be video and audio monitored all night. The technician will remove the electrodes and the equipment when the study is done. (around 5:00 am). Feel free to stay in your room until check-out time.

Crowne Plaza- Northshore

The address is: 510 E II Route 83 Mundelein, IL 60060 847-949-5100

There is a parking lot available in front of the hotel. Your room charges will be billed to Sleep Diagnostic Center, however the hotel will ask for a credit card for incidentals. Please check in at the front desk at least ½ hour before your appointment time. You may check in any time after 6 pm. Your technician will knock on your door at your scheduled appointment time. Please be ready in your sleeping clothes at that time. The technician will then apply electrodes to your head, face, chest, arms, and legs. You will be video and audio monitored all night. The technician will remove the electrodes and the equipment when the study is done. (around 5:00 am). Feel free to stay in your room until check-out time.

Holiday Inn Express- Palatine

The address is: 1550 E Dundee Rd Palatine, IL 60074 847-934-4900

There is a parking lot available in front of the hotel. Please check in at the front desk at least ½ hour before your appointment time. Your room charges will be billed to Sleep Diagnostic Center, however the hotel will ask for a credit card for incidentals. You may check in any time after 6 pm. Your technician will knock on your door at your scheduled appointment time. Please be ready in your sleeping clothes at that time. You will be video and audio monitored all night. The technician will remove the electrodes and the equipment when the study is done. (around 5:00 am). Feel free to stay in your room until check-out time. There is complimentary breakfast available in the main lobby.

Hilton Garden Inn- Addison

The address is: 551 N Swift Rd Addison, IL 60101-1421 630-691-0500

There is a parking lot available in front of the hotel. Please check in at the front desk at least ½ hour before your appointment time. Your room charges will be billed to Sleep Diagnostic Center, however the hotel will ask for a credit card for incidentals. You may check in any time after 6 pm. Your technician will knock on your door at your scheduled appointment time. Please be ready in your sleeping clothes at that time. The technician will then apply electrodes to your head, face, chest, arms, and legs. You will be video and audio monitored all night. The technician will remove the electrodes and the equipment when the study is done. (around 5:00 am). Feel free to stay in your room until check-out time.

Crowne Plaza – Glen Ellyn

The address is: 1250 Roosevelt Rd, Glen Ellyn, Il 60137-6006 630-629-6000

There is a parking lot available in front of the hotel. Please check in at the front desk at least ½ hour before your appointment time. Your room charges will be billed to Sleep Diagnostic Center, however the hotel will ask for a credit card for incidentals. You may check in any time after 6 pm. Your technician will knock on your door at your scheduled appointment time. Please be ready in your sleeping clothes at that time. The technician will then apply electrodes to your head, face, chest, arms, and legs. You will be video and audio monitored all night. The technician will remove the electrodes and the equipment when the study is done. (around 5:00 am). Feel free to stay in your room until check-out time.

For billing or scheduling questions, please call the main office at 773-262-4110.

There is a \$75 charge if you do not show up to your appointment or if you cancel less than 24 hours