

ADVANTAGE

Sleep Centers

The Pavilions of Voorhees
2301 Evesham Rd.
Suite 604
Voorhees, NJ 08043
1-866-867-1333

Orchards Shopping Center
1998 Route 70 East
Cherry Hill, NJ 08003
1-866-867-1333

Washington Pavilions
100 Kings Way East
Suite B6
Sewell, NJ 08080
1-866-867-1333

ABOUT YOUR SLEEP STUDY

When will the test be over?

If you are scheduled for an overnight test only (PSG, CPAP or Bi-Level), you will be finished between 6:00 AM and 6:30 AM the morning after you arrive. If you need to leave earlier please let the technician know when you arrive. We do need to record for at least 6 hours, so if you need to leave before 5:30 AM, please call us when you receive this letter so we can make arrangements to obtain a complete test. If you are scheduled for a daytime test (MSLT/Multiple Sleep Latency Test), you will be finished about 5:45 PM the AFTERNOON after you arrive. Occasionally, we can end this test a bit early, but that depends upon what is recorded and it cannot be determined until about 3:00 PM.

Where do I park? How do I get in the building at night?

We are located on the left end of The Orchards Shopping Center. You may park directly in front of our facility. The parking lot is well lit and secure at night. We have a visual and audio monitor of the front door and the technician can see and hear you. Just ring the doorbell, and a technician will arrive momentarily and open the door for you.

What if I think I will be late for my appointment?

If you think you will be delayed for any reason, please contact the Sleep Center immediately at (856) 424-4400. Failure to communicate your arrival delay by 30 minutes prior to your scheduled appointment time may result in rescheduling your test for another night.

What if I need to cancel?

Your appointment reserves a bedroom specifically for you. If you need to reschedule or cancel, please contact us at (856) 424-4400. Please notify us at least 24 hours prior to your test. Failure to do so will result in a \$100.00 cancellation fee.

What should I do before the test?

There are a few simple things you should do to prepare for the test:

- Try to sleep your usual amount and pattern for the 2 nights before your test
- Remain awake the day of the test: NO NAPPING
- Avoid caffeine (coffee, tea, caffeinated soft drinks) after lunch the day of your test
- Continue to take all medications as ordered by your physician. Do not change unless instructed to do so by your physician
- Avoid alcohol the day of your test
- Eat dinner before coming in for the test