



Name:

Type of Study:

Date of Study:

Please come to clinic at:

Clinic Address: 2 Fayoum street, off Cleopatra street, Heliopolis, Cairo

If you cannot make it to you appointment, please call 02 22915000 or 0122915000

Important Instructions:

Thank you for booking a sleep study at Sleep Care Clinic. Please follow these simple instructions so that we can provide you with the best service.

1. It is better not to sleep (nap) during daytime on the same day of the study
2. Do not drink any beverages containing Caffeine on the same day of the study (Tea, coffee, cola, chocolate, red bull, etc.)
3. Please wash your hair on the same day of the study and do not use any hair sprays or oils after washing
4. For men, it is preferable to shave the beard on the same day of the study
5. For women, please do not put any facial make-up and do not put on nail polish
6. Please bring any regular medications you are taking and tell the nurse about when you take them
7. It is preferable to eat a light dinner before coming to clinic. You may bring any non-alcoholic beverage or meal to clinic (a small refrigerator is provided for your convenience).
8. You may bring someone to accompany you during the study (an extra charge of 50LE)
9. Please bring clothes to sleep in (pyjamas, etc.) and personal care items for use in the morning (toothbrush, etc.)
10. We provide you with clean towels for your personal use
11. If you are used to a particular pillow or bed item, please feel free to bring it with you
12. Please tell the nurse of any allergies you have when you arrive
13. Please note that smoking is not allowed inside the clinic at any time
14. You cannot use your mobile phone during the study
15. It is preferable not to bring any jewellery or precious items with you. A safe box is however provided for your personal use if you need it

With compliments,

Sleep Care Clinic