



**PennState Health**  
Milton S. Hershey  
Medical Center

Penn State Health Milton S. Hershey Medical Center  
Sleep Research and Treatment Center, MC R116  
1214 Research Blvd, Suite 1159  
Hummelstown, PA 17036  
Phone: (717) 531-8520

**ALL OVERNIGHT PATIENTS WHO ANTICIPATE A POSSIBLE LATE ARRIVAL MUST CALL 531-8717 TO NOTIFY OVERNIGHT STAFF. OTHERWISE, YOU MAY BE CONSIDERED A CANCELLATION OR NO-SHOW AND YOUR VISIT MAY NEED TO BE RESCHEDULED.**

Thank you for choosing us as your Sleep Specialty provider. Included in this packet you will find: the sleep study brochure, appointment reminder, campus map, a complimentary medication card to carry with you for all future appointments, and a questionnaire for completion and returning at the time of your appointment.

While we will make every effort to contact you to confirm your sleep consult or sleep study, you should call the Sleep Research and Treatment Center at **717-531-8520, option 1** at least 24 hours before your appointment if you will be **late or if you must cancel you appointment** as we have reserved a space for you which involves staffing of technicians. If you are unable to use your scheduled appointment, we would like to offer it to another patient.

Your safety is important to us. If you are experiencing any sleepiness as a result of your sleep problems, please have someone drive you to and from your test; however, guests are not permitted to spend the night except in special circumstances with prior approval or with pediatric patients. **If you are accompanying a pediatric patient, only one parent is permitted to spend the night and no other children may accompany the parent for the patient's overnight sleep study.**

#### PERSONAL HYGIENE

Electrodes will be placed on your head, face and body. For them to remain in place and function properly, your skin must be clean and dry. Please do not apply any skin moisturizers, creams, or oils to your face and body. Your hair also must be clean and dry. After shampooing your hair, do not apply any hairdressing such as hair spray, mousse, gel, oil, or cream. Shower facilities will be available for you to use after testing is completed. Please bring your own toiletry items such as soap, shampoo, conditioner, hair dryer, deodorant, toothbrush and toothpaste. Towels and washcloths will be provided.

#### OTHER INFORMATION

- Please leave all valuables at home
- Bring all sleep logs, diaries, and questionnaires with you
- Do not take any naps during the day of your sleep study
- Eat a full, regular meal before arriving at the Sleep Center. On the day of your sleep study, avoid eating or drinking any caffeinated food or beverages.
- With the exception of daytime tests (MSLT, MWT), the Sleep Center does not provide meals. You may bring your own snacks and beverages as long as they are caffeine free.
- Daytime (MSLT, MWT) patients should be prepared to stay that evening **and** the following day until approximately 4:30 PM.
- Please continue to take your medications as prescribed unless you are instructed to do otherwise and bring any medications you might need during your stay.
- **If you are coming for a clinic visit (not an overnight stay) and are on CPAP, please bring the data card or machine with you to the clinic visit.**

**IMPORTANT FOR OVERNIGHT PATIENTS:** When you arrive, the building will be locked. Please use the phone to the right of entry doors (X8717) alerting us of your arrival. If you are lost and need directions prior to 6:45 PM, contact the main hospital operator at 717-531-8521. Otherwise, contact the **after-hours** lab number at **717-531-8717**.