

# Checklist for your appointment in the sleep laboratory



## Please bring the following documents.

- Medical preliminary findings, such as inpatient polygraphy, pulmonary function findings
- ENT medical findings
- Drug list
- Transfer slip, please no **committal!** Mind the **date!**
- Health insurance card

On the day of the measurement in the sleep laboratory, you shouldn't have an afternoon nap, but instead "save" yourself the tiredness for the measurement at night. The examination in the sleep laboratory is associated with a number of circumstances, e.g. arrival, an unfamiliar bed, a different sleeping environment and, last but not least, the many cables with which you will sleep.

## In order to make the overnight stay with us in the sleep laboratory as pleasant and easy as possible and to ensure the informative value of the examination, we would like to ask you to observe the following advice:

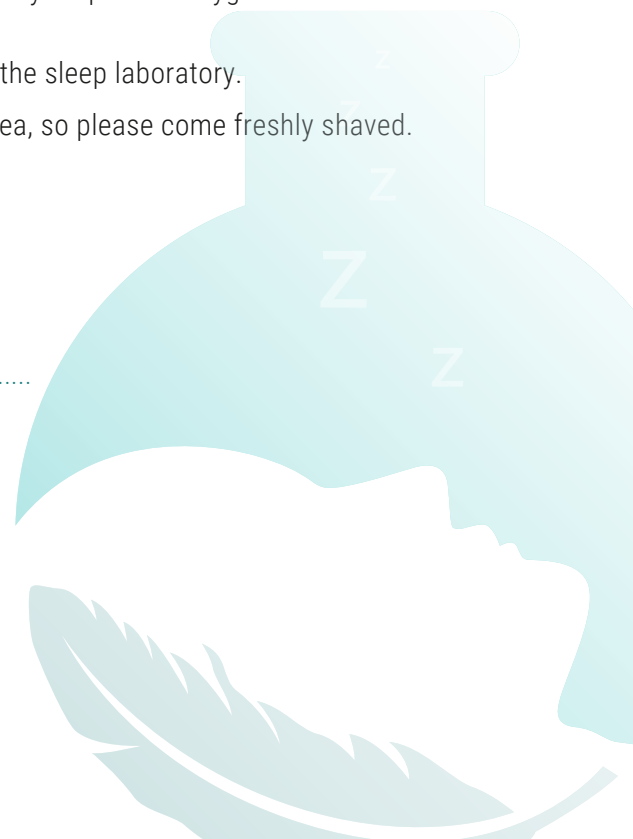
- Come freshly showered (hair wash included).
- Please do not use hair gel / hairspray.
- Take your medication as directed.
- If you need sleeping pills, you can also take them for the night of the examination.
- If you sleep with a neck pillow or a neck roll, please bring them with you to the appointment in the sleep laboratory. You are also welcome to bring your usual pillow.
- If you are used to drinking a glass of wine or a glass of beer in the evening, then do so on the day of the examination, unless you have been expressly forbidden.
- Bring sleeping clothes (long, baggy pants + T-shirt), two towels and your personal hygiene items (shampoo, shower gel, toothpaste, etc.) with you.
- Do not use face cream and body lotion before the examination in the sleep laboratory.
- A beard makes it difficult for the electrodes to stick to the face area, so please come freshly shaved.
- Remove nail polish as it may falsify the results.

1. Night: ..... 8:00 p.m. - 6:30 a.m.  
2. Night: ..... 8:00 p.m. - 6:30 a.m.  
Meeting appointment ..... Burgstr. 1 at .....

Dr. med.  
**Osama Abu Hassan**

**Sleep laboratory Wiesbaden**  
Burgstraße 1  
65183 Wiesbaden

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# Procedure for the examination in the sleep laboratory



- 8:00 p.m. : Arrival, admission, you will be assigned a room and the wiring will take place.  
If you arrive by car and have booked a parking space in our underground car park, we ask you to be there 10 minutes earlier. (If you are standing in front of the closed garage door, then use the telephone number provided. An employee will open the garage door for you.)
- We will then carry out a biosignal test with you to check whether everything is connected correctly.
- The lights will be switched off by 11 p.m. at the latest, until then you are welcome to read books / magazines or watch TV.
- If you notice that a cable has come off during the night, please tell the staff.
- If you need to go to the toilet, please **ring** the doorbell - our staff will come and decouple you from the monitoring devices.
- At 5:30 a.m. you will be woken up, the measurement will be stopped and you will be disconnected.
- In the evening, the second night of measurement with therapy takes place.  
Same procedure as the night before.
- If you have to come later, please call the night staff on the following number:
  - Wiesbaden, Luisenstraße 18 - 2.OG ☎ 0176 219 58 210
  - Wiesbaden, Luisenstraße 18 - 4.OG ☎ 0611 238 810 20
  - Wiesbaden, Burgstraße 3 ☎ 0611 341 797 34
  - Rüdesheim ☎ 0176 232 96 703

If you have any other questions at daytime, please do not hesitate to contact us by phone at this number:

Praxis Burgstraße 3: ☎ 0611 / 900 66 414

**We wish you a pleasant stay and a successful examination in your sleep laboratory in Wiesbaden!**

Dr. med.  
**Osama Abu Hassan**  
Specialist in internal medicine, sleep medicine,  
Internal intensive care medicine and emergency medicine

## Sleep laboratory Wiesbaden

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65183 Wiesbaden

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