



1275 NW 128th St, Ste 200
Clive, IA 50325
M-F 8:00-3:00 Phone: (515) 350-7868
After Hours Phone: (515) 350-7859
Fri-Sun Text Only: (515) 674-6487

Sleep Study Instructions

- If you need assistance getting to and from the building, please call a technologist when you arrive at 515-350-7859.
- Please use the main entrance on the west side of the building. Press the doorbell on the right side of the door when you arrive. A technologist will greet you through the intercom and provide further instructions.
- No naps the day of testing
- No caffeine **or alcohol** after noon the day of testing. Eat meals/snacks as normal.
- All children under the ages of 18 must be accompanied by an adult. Children 16 or older can stay alone if a minor release is filled out in advance.
- Wear comfortable pajamas or t-shirt/shorts for testing.
- Please ensure hair is clean and dry. Be aware, hair pieces/wigs should be removed prior to testing.
- Fingernails need to be free of polish. If professionally done, please remove polish from an index finger for testing.
- Take all normal medications unless instructed otherwise by your sleep provider. We are unable to provide any medications, so please bring any nighttime medications with you.
- The following items are allowed: wallet/purse, cell phone, tablet, book, and you will be able to watch TV until lights out.
- The following items are not allowed: firearms, tobacco/vaping, pillows/blankets, CPAP masks/machines from home. Please bring a picture or name of your mask for the technologists.
- A sleep technologist will be assigned to you and will help you with anything you may need during your stay.
- If you require special assistance: wheelchair/oxygen tanks please inform us prior to your test date.
- Discharge is typically 5:00 – 6:00 a.m. the next day unless instructed otherwise.
- Showers available upon request.

For any complaints, please contact ACHC at 855-937-2242