



Things to know for the day of the study

Things to remember to bring:

- Two-piece pajamas or loose-fitting clothing (example: shorts and t-shirt—for long sleeve—make sure they are loose at your wrists and ankles). Female patients—nightgowns/nightshirts require bottoms underneath!
- Overnight bag with toiletries, change of clothes (if desired)
- Your insurance card and photo ID
- If you prefer your own pillow(s)—we suggest colored/patterned pillow case(s)
- **MASKS** are Required for all patients coming into the lab

Things to keep in mind for the day of your study:

- No caffeinated beverages after lunch
- No hair products in hair such as hairspray, mouse, gel, etc.
- No dark colored nail polish--one finger is needed to be free of polish (sometimes darker colors interfere with the pulse oximetry)
- Refrain from any naps during the day
- **NO NUT products are allowed in the facility! (Due to Covid-19, the facility no longer offers breakfast in the mornings—you may bring small snacks—if needed). No dinner provided—please eat at home before coming in!**

Additional information about our facility and rooms:

- All bedrooms are private and already prepped with linens and pillows
- Restrooms equipped with showers/ handicap accessible restroom
- Free Wi-fi (cell phones, tablets allowed –please no laptops—too many wires!)
- Cable/ Netflix in every room

We are located at:

2240 Hwy 33, Suite 114, Neptune City, NJ 07753

For GPS Users: 2240 Corlies Avenue, Neptune City, NJ 07753

Please check in at our office on the main level upon arrival.

(To the right of the elevator)

Please call 732-455-3030 if you need help finding the location.

IMPORTANT!!

Your room and a technician have been reserved specifically for you. If you must cancel or reschedule your appointment you have to do so within 72 hours of your study to avoid a \$250 cancellation fee.