



RECOMMENDATIONS FOR THE SLEEP STUDY

1. The study will be conducted when you go to bed to sleep.
2. We recommend you go to bed late the night before the study and wake up early that morning (the day of your consultation with me) so that you will be tired the night of the study.
3. On the study day, do not consume alcoholic beverages, coffee, tea, soft drinks, etc.
4. Please, do not go to bed naked but wear a thin fabric t-shirt or pyjama. A velcro belt will be adjusted to the chest, and if it rests on the naked skin, it could cause irritation and blisters.
5. You mustn't have disturbances during the night. Please ensure that you can sleep throughout the whole night.
6. You must return the equipment to The Health Suite from 8 a.m. the day after the study is finished.
7. On the study day, please avoid drinking liquids after 6 p.m. to prevent the need to go to the toilet.
8. Do not have your nails polished during the study (it interferes with the pulse oximeter). You can remove it with nail polish remover. At the time of the study, you must remove the makeup from the face.
9. Please do not hesitate to call us in case of any problems with the device. We prefer to assist you during the night rather than repeating a study. My phone number for this is 07873553398; my colleagues in Spain +34617467917 (international telephone call only) and Latin America +58 4162758514 (WhatsApp) will also assist you in the exceptional case you cannot find me. Please do not use these phones for any other purpose. We will not give you any clinical information via the telephone. Only The Health Suite will do that; this is a legal requirement for confidentiality and data protection.
10. Because you have enough information and help to undertake the study appropriately, we will not refund unsuccessful or suboptimal studies. If, with all this information, you think that you will not be able to follow exactly the steps for the test, we will recommend not to have it. For Somnomedics® Home Sleep Test, you can chat with us from the tablet or call +49931359094994 (urgent helpline international call only).

Prof. Dr. Carlos Rivas Echeverria, MD, PhD, FACP
GP with extended role in Sleep Medicine SLEEPCARE CLINIC