



Sleep Center

A DEPARTMENT OF KALISPELL REGIONAL MEDICAL CENTER
KALISPELL REGIONAL HEALTHCARE

Kalispell Regional Healthcare Sleep Center
Sleep Study Testing, 200 Commons Way, Suite A, Kalispell, MT 59901
Phone:406-257-8979

We DO NOT dispense or supply any medications, including sleep aids.

Please DO NOT DO THE FOLLOWING THINGS:

- Do not arrive early
- Do not consume caffeine after 2PM
- Do not consume any alcohol
- Do not take any naps
- Do not bring weapons or firearms
- Do not expect to sleep without clothing

ON THE DAY OF YOUR APPOINTMENT

- Bring sleeping clothes (shorts or sweatpants and a shirt if you don't have PJs)
- Continue your medications as ordered by your physician
- Wash and dry your hair: do not use hair oils or sprays
- For men: if you do not have a beard, please shave your chin
- Bring completed questionnaires if these have not been returned previously
- If you currently use CPAP, bring your CPAP mask and smartcard
- If possible, please arrange for a family member or significant other to drive you to and from the Center
- Bring personal care items-pajamas or jogging shorts for sleeping, a pillow(s) if you choose, shaving equipment, toothbrush, and toothpaste

Upon arrival at 200 Commons Way, lower parking lot, go through first door and use intercom in entryway. Please tell the technician your name and be prepared to show ID.

We will provide a bed for sleeping with a toilet and shower facilities, as well as towels, washcloths, and generic soap. Please be advised that the Center is a nonsmoking facility. We are looking forward to seeing you. Technologists will wake you with enough time for you to depart by 7:00am. Please arrange transportation to pick you up by 7:00 am. Feel free to call us if you have any further questions, 257-8979.