

Louisiana Sleep Foundation
Directions & Instructions for your Sleep Study
Surgical Specialty Center Location

Your physician has ordered a sleep study through Louisiana Sleep Foundation. The initial insurance verification and pre-certification process has been initiated. If you have any questions regarding insurance, please call Beth at (225) 408-5501. If you have any questions regarding your appointment, please call (225) 767-8550.

Directions to the Sleep Lab:

We are located at 8080 Bluebonnet Blvd, Baton Rouge, La. 70810

Louisiana Sleep Foundation at the Surgical Specialty Center of Baton Rouge:
Going South on Bluebonnet Blvd. (away from I-10), pass the mall of Louisiana (on left), cross over Perkins Rd and the Surgical Specialty Center of Baton Rouge will be ½ mile on the Right.

When you arrive in the parking lot, take a left towards the physical therapy side of the building and park. Walk under the atrium and press the lit button. This will notify the security guard that you are here. Let him/her know you are here for a sleep study. The guard will escort you to the third floor to check in.

You can find more information about Louisiana Sleep Foundation and Sleep Disorders by visiting our website at www.lsfbr.org.

Instructions for your Sleep Study:

1. Try to maintain your usual daytime schedule. Avoid excessive exercise and eat meals as usual prior to study as meals will not be served.
2. Do not take naps on the day of your study.
3. Unless otherwise directed by your physician, continue taking any medications.
4. Please bring something comfortable to sleep in, preferably a t-shirt and a pair of shorts. The techs will attach monitors to your legs.
5. Please bring your own toiletries (deodorant, shampoo, etc).
6. Please arrive with clean dry hair. Do not use hair spray, oils or gels in your hair on the day of your study. Not all facilities will have showers available. Please allot yourself enough time to go home and wash your hair the following morning before any engagements, as the tech will apply a water soluble paste to your hair the night of the study.
7. Women, please remove make-up and nail polish.
8. If you have a favorite pillow or blanket feel free to bring it with you.
9. Please refrain from consuming any alcohol or caffeine the day of your study.
10. If a need to cancel your study arises, a 24 hr. notice is required. If no cancellation notice is given, a deposit will be required to reschedule the study.

We look forward to your visit with us.
From the Staff
Louisiana Sleep Foundation