

Louisiana Sleep Foundation
Directions & Instructions for your Sleep Study
Lane Regional Medical 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 about your insurance coverage, please contact Lynn Reese at (225) 658-4548. If you have any questions about the study or the facility, please call (225) 767-8550, press "1".

Directions to the Sleep Lab:

Louisiana Sleep Foundation @ Lane Regional Medical Center

Take I-10 towards Downtown Baton Rouge; merge right onto I-110 towards Business District/Metro Airport. At exit 8 (Scotlandville, Baker, Zachary exit) take a right on Hwy 19. Once you enter Zachary corp limit take a right on Lower Zachary Road. Take a left on McHugh Road and our facility is located at 4710 McHugh Road, it will be on your left. Our facility is located across from Lane Regional Medical Center. If you need specific directions on the night of your study, please contact the night tech at (225) 658-6656.

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