

Louisiana Sleep Foundation
Directions & Instructions for your Sleep Study
Woman's Hospital 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 the Woman's Scheduling Dept at (225) 924-8752.

If you have any questions about the sleep study or directions to the facility, please call (225) 767-8550, ext. 258.

Directions to the Sleep Lab:

Louisiana Sleep Foundation @ Woman's Hospital is located at 100 Woman's Way, Baton Rouge, LA 70817. Woman's can be accessed westbound on Airline Hwy to Rue de la Vie, at the intersection of Stumberg Lane and Airline Hwy, or at the intersection of Rue de la Vie and Pecue Lane. Parking is available in Lot B. Enter through the main hospital entrance, take a left and check in at Admitting. If you need to speak with the sleep technician the night of your study please call (225) 231-5655 after 7:30 p.m.

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, LLC