

Louisiana Sleep Foundation

Directions & Instructions for your Sleep Study

Bluebonnet 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, please call our office at (225) 767-8550.

Directions to the Sleep Lab:

Louisiana Sleep Foundation at Bluebonnet:

Our facility is located at 4660 Bluebonnet Blvd, (near Jefferson Hwy). Exit I – 10 North on Bluebonnet. Go three quarters mile (Pass the Quality Suites hotel, Francois Restaurant on the left, continue over Gail & Oliphant Street). Continue on Bluebonnet until you see the different business complexes on the left. Make a U-turn at the first break in the road after the light at Oliphant Street. We are the first driveway on the right after you make the U-turn. We are the second building in the complex. Enter through the front of the building. For more specific directions to this center, please call (225) 767-8550.

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.
11. Eat dinner before coming to sleep center.

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