

Sleep Study Information

Metroplex Hospital Sleep Center
2111 S. Clear Creek Rd. | Killeen, TX 76549
(254) 519-8452

- Report to sleep lab at your scheduled appointment time, do not arrive before this time.
- Bring insurance card to appointment with you.
- If you would like to be put on a cancellation list, please call the Sleep Lab.
- Due to the preparation time for this study, we need a minimum of 24 hours notice if you cannot make your appointment. If you need to reschedule your appointment please call our Scheduling department at (254) 519-8500.
- If you have a history of seizures or are a shift worker, please inform us prior to your appointment.
- No naps the day of the test.
- No caffeine after 12 noon the day of test (tea, coffee, soda, chocolate, etc).
- Shower/bathe prior to test. No lotions, makeup, etc. Shampoo hair prior to test. No creams, oils, gels, sprays, etc. If you have any type of artificial hair, please contact the Sleep Lab.
- Remove fingernail polish.
- Men should shave chin area prior to test. If you have a beard or goatee, there is no need to shave these off.
- Take all medications as prescribed by your physician. Bring list of medications being taken with you. If you take a sleep aid you may take it.
- Bring comfortable 2-piece sleep attire (no silk). T-shirt and shorts, pajamas, but nothing tight around the ankles.
- You may bring your own pillow to sleep on.
- No one can stay overnight with the patient unless other arrangements have been made by the sleep lab personnel. Spouse/family may stay with patient for the hook-up procedure. However, if the patient is under 18 years old a parent MUST stay with the child.
- Wake up time is 6:00AM. If patient is being picked up, please make arrangements for someone to be here at this time.
- Please eat a meal before reporting for your appointment. The Sleep Lab does not provide meals.
- Sleep lab is located at 2111 S. Clear Creek Rd. next to Metroplex Hospital. Coming from Hwy. 190 take the first entrance into the hospital, as soon as you turn in there will be 3 office buildings in a U-shape on your right. Turn into that parking lot and we are located in the office on the left. Ring the door bell and technician will be right with you.