

DAYTIME NAP STUDY

General Instructions

- Four naps (occasionally 5) approximately 8:15 am, 10:15 am, 12:15 pm, 2:15 pm and occasionally 4:15 pm. Completion of daytime nap assessment ranges from approximately 3:00 pm to 5:00 pm.
- No caffeine, coffee, tea, coke, chocolate. Decaffeinated beverages permitted. You should bring breakfast and lunch or meals can be purchased at the coffee shop. A small refrigerator and microwave are available in the Sleep Lab.
- Street clothes are required during the day. You should remain in sleep lab area. You should be accompanied by a parent/staff if it is necessary to leave the area to purchase meals or to smoke.
- 15 minutes prior to each nap you will be given an opportunity to visit the bathroom and curtail any stimulating activities. Nap time is approximately 20 to 30 minutes. You are required to be out of bed and awake in between naps.
- You may bring reading material, music. You should avoid vigorous exercise and bright light.
- Meals per normal routine. Breakfast an hour before first nap and lunch after second nap is recommended.
- Medications per normal routine or as per physician instructions.