

# Baptist Sleep Testing Centers



Visit [BaptistJax.com/Sleep](http://BaptistJax.com/Sleep) for Google map directions to each of our locations.

## Baptist Medical Center Jacksonville Wolfson's Children's Hospital

836 Prudential Drive  
Baptist Medical Pavilion, 7th Floor  
Jacksonville, FL 32207

### Parking:

- Park in the **P2** Garage.
- Take P2 Garage elevator to "**Button B Skybridge**" for the Skybridge to the new entrance.
- Walk over the Skybridge and check in at the desk at the end of the bridge.
- For patients that are dropped off, the only open doors between 6 pm and 5 am are the Adult ER and Skybridge entrance (3rd level of the garage).



# Baptist Sleep Testing – Bonneval Road



## Driving and parking directions

### From JT Butler Blvd

Turn north onto Bonneval Road. Merge slightly right to enter the round-about continuing north. Merge slightly left to continue on Bonneval Road. Your destination is on the left at the corner of Bonneval Road and Lenoir Avenue. For Baptist Sleep Testing, turn left onto Lenoir Avenue and take an immediate left at the location entrance. Park in the area that faces Lenoir Avenue.



### Baptist Sleep Testing – Bonneval Road

6930 Bonneval Rd  
Suite 2  
Jacksonville, FL 32216  
904.202.1632

If your sleep study is scheduled at one of the locations indicated above, please refer to this document for detailed information. **Children are tested at Wolfson Children's at the Jacksonville campus only.**

If you are scheduled for an overnight evaluation AND nap studies the following day, please be prepared to stay until 4:30 p.m. You may bring reading material and/or work to keep you occupied between naps. Breakfast and lunch will be provided for you on your day test. If you are scheduled for a day (MSLT) sleep study, please be advised that you will be required to change into street clothing for the day portion of your sleep study.

## What to expect

- If the patient is a minor, a parent or guardian must be present during testing (only one is allowed to stay). The rooms are furnished with recliners, and the Sleep Center will provide pillows and blankets. No siblings or other family members are allowed during testing.
- All patients 3 years old and under must sleep in a crib per hospital policy. Co-sleeping is not allowed.
- Several small sensors will be placed on your head, face, chest, abdomen, and legs. The purpose of these sensors is to monitor brain wave activity, eye movements, muscle activity, heart rate and respiration.
- It is important that you arrive on time for your evaluation. We require at least 24 hours' notice of cancellation. If you are unable to keep your appointment, please call immediately so that another patient may benefit from this time.
- Baptist Health facilities are smoke- and tobacco-free. If needed, please plan for nicotine replacement during your stay with us.

## What to eat

- Do not drink/eat alcohol or caffeine (coffee, tea, chocolate or caffeinated soft drinks) after 12 noon the day of your study. These products can affect the validity of your test.
- Eat your evening meal prior to arriving. Evening meals are not provided at the Sleep Center.
- If you or your child require food during the night due to a medical condition (diabetes, hypoglycemia, etc.), please bring snacks/formula.

## What to wear and how to prepare

- For your comfort and convenience, we recommend bringing loose-fitting two-piece pajamas or a loose-fitting T-shirt and a pair of loose, elastic waistband shorts. Patients must wear some form of sleep attire. If your child requires a pull-up or diapers, you must bring these with you.

- Please bathe and shampoo your hair prior to coming to the lab since sensors will be placed on your scalp. DO NOT use hair sprays or oils. We recommend that you do not have your hair styled prior to the sleep study. Please, no weaves or toupees.
- Please DO NOT nap on the day of your test. This does not apply to infants or newborns.

## A note about medication

- Take all routine medications as prescribed by your doctor prior to arriving at the Sleep Center. If your physician has prescribed a sleep aid, please bring it with you and take it before entering the Sleep Center.
- Please bring a written list of medications with you to the Sleep Center.
- The Sleep Center does NOT dispense, administer, or accept control of any medication. We do not have refrigeration for medications either.

## What to bring

- Insurance card(s)
- All personal items that you may require (toothbrush, toothpaste, etc.) as the Sleep Center does not have these available
- A pillow and blankets are provided; however, you may bring your own for your comfort
- Snacks, only if you have a medical condition as referenced above under What to Eat
- Reading material and/or work to keep you occupied between naps if you are scheduled for nap studies.

**If you have questions, please contact the Sleep Center or your physician.**