

Spartanburg Regional Sleep Centers

Patient Instructions

North Grove Medical Park
1330 Boiling Springs Road
Suite 1500
Spartanburg, SC 29303

Sleep patients will meet their technician at DOOR #5 at 7:45pm. This door is located at the back of the building. The sleep services area is not accessible from the main North Grove entrance.

When you arrive, please ring the doorbell. If you are late, please call 864-560-9053 as soon as possible.

Spartanburg Medical Center
101 E. Wood Street
Spartanburg, SC 29303

Sleep patients will park in the parking garage at Spartanburg Medical Center and get to the main visitor's entrance by travelling across the connector located on the 3rd floor, or by crossing the street at the crosswalk located on the 1st floor.

After entering Spartanburg Medical Center, stay to the right and go to the information desk area in the main lobby to meet your technician at 7:45pm.

If you are late, please call 864-560-6904 as soon as possible.

Cherokee Medical Center
1530 N. Limestone
Gaffney SC 29340

Sleep patients will park in the employee parking lot on the side of Cherokee Medical Center, and meet their technician at the Employee Entrance door at 7:45pm. This door is located on the side of the building.

If you are late, please call 864-487-1660 as soon as possible

To reschedule your appointment please call 864-529-3465

Important Information

- Please arrive at 7:45pm.
- Arrive with clean and dry hair – no hair product, braids, weaves, sewn hair pieces or extensions.
- Bring pajamas or a t-shirt and shorts to sleep in - no silk, slippery pajamas or tight leggings. We will need to access your lower legs with monitoring devices.
- Do not bring jewelry or valuables.
- Pillows are provided. However, you are welcome to bring your own pillow and/or blanket.
- Remove acrylic, gel or heavily painted nail polish from one index finger for the oxygen sensor.

Medication Information

- Please take your medication as prescribed by your physician. If your medications make it unsafe for you to drive, please do not take them until you are at the sleep lab.
- Please bring a snack if you need food with your bedtime medications.
- If you were prescribed a sleeping aid for the study, please do not take it until you are directed by your sleep study technician.
- Please bring all necessary diabetic supplies.
- **We do not have medication of any kind at the sleep centers.**

Accommodations

All patients have a private bedroom and bathroom with a TV. We will ask that all TVs, cell phones and electronics be turned off by 11 p.m. If needed, one person may accompany you to the lab for the first hour. If you need a caregiver with you throughout the night, or special accommodations, please make these requests when scheduling.

Your sleep study will conclude at approximately 6 a.m.

For more information about what to expect during your sleep study, please visit Go.SRHS.com/sleep or scan this QR code:

