

Amenities

Each of our rooms are equipped with:

- Queen Size Bed
- Smart TV
- Guest Wi-fi
- Dimmable Lighting
- Fans



Our Katy location has private ensuite bathrooms.

About us

We are committed to meeting the needs of each patient with thorough evaluations, education and a dedication to excellence.

Visit Our Office



METHODIST WEST
PROFESSIONAL
BUILDING 2

18300 KATY FWY
SUITE 615
HOUSTON, TX
77094

Meet us Online



therespireinstitute.com



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 The Respire Institute



Sleep Study Patient Guide

Everything you need to know for an in-lab test.



Memorial Sleep Lab

10 Medical Plaza

10837 Katy Freeway
Suite 250
Houston, TX 77079

P: 346-816-2456



Katy Sleep Lab

Continuing Care

701 S. Fry Rd
Suite 225
Katy, TX 77450

P: 346-816-2485

Preparation for your Study

PERSONAL HYGIENE:

- Wash face and hair to remove makeup, oils, hair spray/gel.
- Wigs and weaved hair should be removed to allow full access to the scalp for sensor placement.

DIETARY PREPARATIONS:

- Have dinner prior to arrival.
- Medication Instructions:
- Take medications as usual.
- Medications causing drowsiness should be taken after arriving at the sleep center.
- If you require nasal sprays, aspirins, or antacids, please bring them with you.

AVOIDANCE RECOMMENDATIONS:

- Avoid naps during the day.
- Avoid consuming alcohol or caffeine after 9 AM.

COMFORT ITEMS:

- Bring loose, comfortable sleepwear.
- Feel free to bring your own pillows and blankets, although we do provide them.

Our Doctors



POST-TESTING

RECOMMENDATIONS:

- Patients intending to go to work directly after testing should plan to shower due to sensor residue requiring shampooing of hair.

CANCELLATION POLICY:

- Please note a \$200 additional fee for no-shows or cancellations less than 24 hours before the scheduled study.

**PATIENTS MUST ARRIVE
15 MINUTES BEFORE
SCHEDULED APPOINTMENT.**