

Sleep



1. Am I a candidate for a sleep study?

- If so, what does that entail and are there any side effects or things I should be aware of?
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2. What do I need to be aware of if I take over-the-counter medicines? (It is important to specify all of the medications, herbs, vitamins and other products that you are taking).

- Please be sure you fully understand how you are meant to take the suggested medicines and ask your Practitioners any questions beforehand. You are not bothering them; your safety is their priority.
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