

## Patient Instruction Sheet – Sleep Study

### Location

820 Red River Road – (Entrance is off of Clarkson Avenue) On Site **Free Parking**  
Contact Number: **683-4415**

To change or cancel an appointment it must be done at least **48 hours** in advance. There is a short notice cancellation and/or no show fee of **\$500.00** for missed sleep studies.

1. Arrive at the clinic at 8:00 pm (the doors will remain locked until this time)
2. Bring your **VALID Ontario Health Card**
3. Bring all of your medications. Take all medications as usual unless otherwise instructed by your physician.
4. Bring comfortable two piece sleep wear (PJ's, sweat pants/t-shirt) a tooth brush & toothpaste. There are **NO SHOWERS** on site. **Do not** bring pillows/blankets from home.
5. We are a **SCENT FREE** facility. Do not wear any perfume or cologne to your appointment.
6. Remove any nail polish and artificial nails so we can measure your oxygen levels accurately.
7. In order to obtain the best possible results you must have clean skin. Make sure that your hair and skin are clean and free of cosmetics, oils, creams or gels prior to arriving for your test. We will be placing some sensors on your scalp and face, as well as on your chest, and on your legs just below the knee. The technician may need to shave a very small area on your legs in order to apply those sensors.
8. Do not drink any alcohol for 12 hours prior to your sleep study.
9. Do not drink any coffee, tea, or cola, or eat any chocolate after 6pm the night of your study
10. Do not nap on the day of your sleep study.
11. You may wish to bring reading material in case of unexpected delays.
12. **Smoking** is not permitted once you arrive for your sleep study
13. You will be leaving to go home at approximately 0630 am. If you do not drive yourself here, please ensure that you have made arrangements to be picked up in the morning by 6:30 am