



## INSTRUCTIONS FOR YOUR OVERNIGHT SLEEP STUDY

**2299 Mowry Avenue, 2<sup>nd</sup> Floor**  
Fremont, CA 94538  
**Phone (510) 744-6726**  
Fax (510) 744-6733  
**After Hour Service (510) 744-1129**  
[www.washingtonsleep.com](http://www.washingtonsleep.com)

### CANCELATION/RESCHEDULE

Cancellation fees: Within 48 hours of test: **\$100**. Within 24 hours of test: **\$200**. No show: **\$300**.

If you are unable to contact the office please call our after hour service center at (510) 744-1129.

### LOCATION of the Overnight Sleep Study

Please go to **2299 Mowry Avenue** (Washington Outpatient Surgery Center) please park in the structure behind the building. Main entrance is located behind the building.

Please use the call system located on the left side of wall next to the main doors. Press the **WOSC** button and speak into the microphone, once someone picks up the phone, tell them you are here for a Sleep Study and a technologist will let you in.

If the main door is already open then take the elevator to the 2nd floor to the Sleep Center.

### TIME

Arrive at your scheduled time to the Sleep Center. You will be discharged the following morning between 6:00–6:30 a.m. but if you wake up earlier, you may leave earlier.

### DAY OF TEST

- Avoid naps during the day of the test.
- Avoid any foods or liquids that contain caffeine, alcohol or sedatives 24 hours before test.
- Come to the laboratory with clean/dry hair with no conditioners or hairsprays.
- Eat a normal meal before coming to the sleep lab. **We Do Not provide any meals.**

### ITEMS TO BRING WITH YOU

- Bring all the medications that you regularly take each day, including those that need to be taken at bedtime. **We Do Not provide any medications.**
- Bring your personal hygiene items (shaving equipment, toothbrush, toothpaste, hairbrush, etc).
- Bring your favorite pillow if desired.
- Bring DVD's/VHS to watch during the hook up.
- Bring your own food/snack if desired.
- **All patients please bring comfortable pajamas. (Tops and bottoms to sleep in)**

## **WHAT HAPPENS DURING THE TEST**

- You will spend the night in a private room for your sleep study. Private shower facilities are available for your use.
- Wireless internet is available at the Sleep Center (please ask your tech for the access code).
- The level of sleep is recorded by using an Electroencephalogram (EEG). Several small wires are taped to the scalp to record the electrical activity around the brain. These are painless and do not require shaving.
- The eye, chin, and leg activity is also recorded.
- Breathing is recorded by placing a small device by the nose or mouth to measure airflow. Elastic bands are also placed around the chest and abdomen to monitor breathing patterns.
- Oxygen in the blood is measured by using a small device on the tip of your finger.
- An electrocardiogram (EKG) monitors the heart with several electrodes attached to the chest.
- Video monitoring and recording enables the interpreting physician to correlate the physiologic information with movement and activity that takes place during sleep. The video taken during the study can ONLY be viewed on the sleep diagnostic equipment. It cannot be viewed in any other format.

## **WHAT TO DO AFTER THE STUDY**

What to do next depends on whether you saw Dr. Verma at the sleep clinic, or whether your test was directly ordered by your referring physician.

If you saw Dr. Verma: Please ensure you have a follow up appointment with Dr. Verma about seven days after your test to discuss the results and treatment options. Phone (510) 744-6726 to double check if needed.

If your test was ordered by a referring physician: Please ensure you have a follow up appointment with your referring physician 7-10 days after your test to discuss the results and treatment options.