



Washington Township
★ CENTER FOR ★
SLEEP DISORDERS

2299 Mowry Avenue, 2nd Floor
Fremont, CA 94538
Phone (510) 744-6726
Fax (510) 744-6733

After Hour Service (510) 744-1129
www.washingtontsleep.com

INSTRUCTIONS FOR YOUR SLEEP STUDY

NEED TO CANCEL?

Please contact our office 48 hours prior to your scheduled sleep study but if unable to contact office please call after hour service at (510) 744-1129.

TIME:

Arrive no earlier than 7:00 p.m. You will be discharged the following morning between 6:00–6:30 a.m. but if you wake up earlier, you may leave earlier. If you are scheduled to arrive later than 9:00 p.m., or on a Saturday/ Sunday night, please use the call system located on the wall next to the main doors. Press the WOSC button and a tech will let you in. If you need help, call (510) 744-1129.

LOCATION:

The sleep test occurs in a different building than where daytime sleep consults are done. Please go to 2299 Mowry Avenue (please park in the structure). Go to main entrance and take the elevator to the 2nd floor. Go to the double doors opposite the elevator (this is the Sleep Disorders Center). You will spend the night in a private room for your sleep study. Private shower facilities are available for your use.

DAY OF TEST:

1. Avoid naps during the day of the test.
2. Avoid any foods or liquids that contain caffeine, alcohol or sedatives 24 hours before test.
3. Come to the laboratory with clean/dry hair with no conditioners or hairsprays.
4. Eat a normal meal before coming to the sleep lab.

WHAT TO BRING:

1. Bring all the medications that you regularly take each day, including those that need to be taken at bedtime.
2. Bring your personal hygiene items (shaving equipment, toothbrush, toothpaste, hairbrush, etc).
3. Bring your favorite pillow if desired.
4. Bring comfortable pajamas. Women: please bring tops and bottoms instead of one piece night gowns.
5. Bring your own food/snack if desired.
6. Remember to bring your medications.

WHAT HAPPENS DURING THE TEST:

1. 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.
2. The eye, chin, and leg activity is also recorded.
3. 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.
4. Oxygen in the blood is measured by using a small device on the tip of your finger.
5. An electrocardiogram (EKG) monitors the heart with several electrodes attached to the chest.
6. 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.
7. If an MSLT is ordered (uncommon): If a Multiple Sleep Latency Testing is indicated, the test will be conducted immediately following the polysomnogram. Once the MSLT begins, no family visits will be permitted.

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.