

**What if I need to cancel my appointment?**

- Please call the sleep lab's cancellation line at (408) 972-6742 and leave a message. Our medical secretary will call you to reschedule an appointment.

What if I'm running late?

- Please call the sleep laboratory at (408) 972-3200 to let the technician know that you will be late and give an estimate time of your arrival.

What should I do before my sleep study?

- Before coming to your appointment, make sure that you take a shower and have dinner.
- If you are taking any prescription, make sure that you bring your medications with you to the appointment.

What happens when I arrive at the sleep laboratory?

- The door to the laboratory will be locked; you need to ring the door bell when you arrive at the sleep lab. Please wait for the door to click, and then push the door to open. You will be greeted and shown to your room by the sleep technologist.
- The technologist will provide a questionnaire for you to fill out. Once the questionnaire is completed, the technologist will give you a tour of the lab.
- After the tour, you will be asked to change into your nighttime clothes and be ready for the technologist to begin applying various sensors and electrodes for the sleep study.

Will I be able to sleep with so many things attached to me?

- Almost every patient who comes in for a sleep study asks this question. Most people find it strange at first but eventually fall asleep with the electrodes on.

Can I get medication to help me sleep?

- We don't dispense any medications in the lab. If you have difficulty sleeping in hotels or other places, you should talk to your Primary Care Physician to give you a prescription for one dose of Ambien to bring with you at the night of the study.
- Please inform your technologist before taking any medication.



Can I sleep in my usual position and will the electrodes stay in place if I move?

- The doctor usually recommends that you sleep on your back for sometime and when you get tired you can sleep on your side. For the sleep study, it is best to avoid sleeping on your stomach.
- All the sensors are attached so it should not come off during sleep but if it does the technologist will reapply the sensor.

What if I need to go to the bathroom at the middle of the night?

- In your room, there is a call button that you need to press to let the technologist know you need assistance. The technologist will go inside your room to unplug and arrange our equipment (this will take less than a minute) so that you can go to the bathroom.

Will anyone be in the sleep laboratory aside from me?

- Sleep technicians will be present and awake in the control room all night to monitor you. Since we are a four bed lab, there will be other patients as well. All our rooms are equip with intercoms, call buttons, and camera with infrared light. If you need assistance please let the technologist know how they can help you.

When can I leave?

- The technologist will wake you up between 5:30AM to 6:00AM. If you need to be up earlier please notify the technician during set-up. Upon waking up, you will be asked to follow some instructions and then the technician will remove the sensors. You are free to leave at this point unless you want to take a shower.