

What if I need to cancel my appointment?

- Please call the sleep laboratory at (408) 972-3200 to cancel appointment and to reschedule. Please give us 48 hours notice when cancelling appointments.

What if I'm running late?

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

What should I do before my sleep study?

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

What happens when I arrive at the sleep laboratory?

- You need to ring the door bell when you arrive at the sleep lab. Please wait for the door to click, then push the door to open. You will be greeted by a sleep technician once inside the lab and be shown to your room. The technician will give you a questionnaire to fill out and you will be given a tour of the lab. After that you need to change into your nighttime clothes and be ready for the technician 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 sleep lab. If you have a hard time sleeping in hotels or any other places, you should talk to your Primary Care Physician to give you a prescription for one dose of Ambien.

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

- You need to sleep on your back and when you get tired sleep on your side. For the sleep study, it is best to avoid sleeping in your stomach. All the sensors are attached so it should not come off during sleep but if it does the technician will reapply the sensor.

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

- There is a call button that you need to press to let the technician know you need assistance. The technician will go to your room and unplug the head box and Oximeter (this will take less than a minute). Once unplug, you need to put the head box around your neck before going 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. All of our rooms are equip with intercoms, call buttons, and camera with infrared light. If you need assistance please let the technician know. There are also other patients in their rooms because we are a 4 bed sleep lab.

When can I leave?

- The technician will wake you up between 5:30 A.M. to 6:00 A.M. If you need to be up earlier please notify the technician. 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.