



Sleep Laboratory INFORMATION SHEET

Dear Patient Name,

You have been scheduled for an overnight sleep test on **MM/DD/YYYY** at the Royal Jubilee Hospital. The goal of this test is to observe a typical night's sleep after a typical day's activities. There is no need to change your regular schedule or activity to accommodate testing. You will have your own room with bathroom facilities nearby, but there are no showers. We recommend that out of town patients arrange for rides to and from the hospital.

You must be able to get from a sitting to a standing position and in and out of bed without assistance. If you are unable to do this, then pre-arrangements must be made for a family member or care taker to assist while in the Sleep Lab. This is not a nursing unit. Please notify the Sleep Lab booking staff immediately if you need to bring someone to assist you.

At 8:45 p.m., you should arrive at the **Emergency Department** of the Royal Jubilee Hospital (new entrance off of Bay Street). Please tell the Registration clerk that you have come for a sleep study. You will need your healthcare card and the name of the specialist. The clerk will give you instructions on how to get to the Sleep Lab from the emergency area. The Sleep Lab will be closed if you arrive too early and there is no waiting area. A Sleep Technician will greet you and explain the testing procedure upon your arrival.

Please Bring:

- Please bring **LOOSE** fitting, freshly laundered, 2-piece sleepwear such as cotton t-shirt and shorts.
- Bringing your **own** pillow is recommended.
- Please bring any medications that you may require.
- Diabetics should bring any food or drink they may require as there is only water available in the lab. Wake up is at 6:00 a.m., and you are free to leave once dressed. The *White Spot* restaurant across Fort Street is open at that time, as well as 6:30 a.m. for retail food services in the Patient Care Centre's Food Court.

What are some things I should not do?

- You should **not bring valuables** or **excess money** to the hospital.
- You should avoid wearing slippery sleepwear such as garments made of silk or satin.
- You should not wear fingernail polish and make-up should be minimal.
- **Cell phones are NOT to be used during testing. Absolutely enforced!** Once the study starts, cell phones must be **turned off** and put away

Patients using CPAP or Dental Appliances:.

- If you are using CPAP but have never had a sleep study, **PLEASE STOP USING YOUR CPAP 3 DAYS PRIOR TO THE TEST. Bring your CPAP mask and headgear to the Lab.**
- If you are using a dental appliance, please bring it with you to the lab.

Parking

- There is ample overnight parking available in the **Visitors' Parkade across from the Emergency Department or you can have someone drop you off and pick you up the next morning.**

Cancellations

NB: The Sleep Laboratory is booked to capacity for several months in advance. It is very important that you attend the pre-scheduled appointment on the date and time it has been booked for you. Rescheduling is extremely difficult. If an unforeseen event should arise that makes it absolutely necessary for you to cancel or reschedule your sleep test, please contact the Sleep Laboratory as soon as possible to allow us to book others who are waiting. Please see below for cancellation contact information.

- Monday to Friday from 08:00 a.m. to 3:00 p.m., please call the booking clerk ASAP if you are unable to come for testing.

Local Calls: **250.370.8265**

Long Distance Toll Free: **1.877.370.8699,**
local 18265

- **If a "Last Minute" or weekend cancellation becomes necessary or you are calling after clerical hours (8:00 a.m. to 3:00 p.m. Monday to Friday), please call 250.370.8236 and leave a voice message that includes your name, reason for cancellation and whether you wish to be rescheduled.**

NB: Please do not come for testing if you are feeling sick. Instead, please call the booking clerk ASAP to be rescheduled.



As one last step in this process, we would ask that you contact the Respiriologist Office who ordered this test on your behalf and provide your appointment information. This will enable the prompt booking of your follow-up appointment with the Respiriologist.



If you have any questions or concerns regarding your test, please call the Sleep Lab booking clerk between 8:00 a.m. and 3:00 p.m. Monday to Friday.

Local Calls: **250.370.8265**; Long Distance Toll-Free: **1.877.370.8699 local 18265**

For more information about sleep studies, our website is:

http://www.viha.ca/respiratory_health/sleep_lab.htm