

**PLEASE READ THESE PATIENT INSTRUCTIONS CAREFULLY**

The sleep study will end at approximately 6:00 AM. If someone is picking you up, they should be at the sleep lab building by 6:00 AM. Even if you have difficulty sleeping, you are required to stay the whole night. Sleep studies can be safely and effectively performed in the presence of a mild illness, such as colds. There is no need to cancel or reschedule your appointment under such circumstances.

**FOR YOUR OVERNIGHT SLEEP STUDY**

<b>Pre-Study</b>
<p>Do not consume excessive amounts of caffeine, alcohol or cannabis on the day of your sleep study.</p> <p>Continue taking <b>all your medications as usual</b>, unless specifically instructed by your doctor to do otherwise. If you normally take sleeping pills, you may do so prior to the sleep study.</p> <p>Take a shower before coming to the Sleep Lab. No shower facilities are available at the lab.</p> <p>If possible, try to avoid taking naps during the day prior to your sleep study.</p>
<b>What to Bring to Study</b>
<ul style="list-style-type: none"> <li>✓ Your <b>Health Card</b> for every visit.</li> <li>✓ 2-piece pajamas: loose fitting clothing such as a T-shirt and shorts is acceptable.</li> <li>✓ A face cloth, or unscented wipes to clean up in the morning.</li> <li>✓ You may bring your own snacks and drinks to the lab as none will be provided.</li> <li>✓ <b>If you are scheduled for a CPAP/Bi-level study</b>, bring your mask and tubing <u>only</u>.</li> </ul>
<b>Important Notes!</b>
<p>Arrive at the sleep lab at the scheduled time. Try not to be late. If unavoidable circumstances arise, please contact the sleep lab as soon as possible.</p> <p>No electric blankets or heating pads are allowed as they interfere with the sleep study equipment.</p> <p>There is ONE pillow supplied per room.</p>

Each night the lab opens at 8:30 PM. If you arrive early, please wait outside or in your vehicle until the lab opens. Overnight parking is free. Park at the rear of the building and proceed to the **rear entrance**. Press the sleep lab intercom button so a sleep technician may let you enter. [Google Maps - Barrie Sleep Disorder Clinic](#)

**If you need to reschedule or cancel your sleep study, you must provide at least 48 hours notice or a missed appointment fee may be charged.**

<b>Your Sleep Study is scheduled for</b>	at	PM
If necessary, your <b>2<sup>nd</sup> Sleep Study</b> is scheduled for	at	PM
Call <b>416-756-2654</b> two (2) weeks after your sleep study to book your follow-up appointment		