

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

Pre-Study
<p>Do not consume excessive amounts of caffeine, alcohol or cannabis on the day of your sleep study.</p> <p>Continue taking all your medications as usual, 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>
What to Bring to Study
<ul style="list-style-type: none"> ✓ Your Health Card for every visit. ✓ 2-piece pajamas: loose fitting clothing such as a T-shirt and shorts is acceptable. ✓ A face cloth, or unscented wipes to clean up in the morning. ✓ You may bring your own snacks and drinks to the lab as none will be provided. ✓ If you are scheduled for a CPAP/Bi-level study, bring your mask and tubing <u>only</u>.
Important Notes!
<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 8:30pm. If you arrive early, please wait outside or in your vehicle. Overnight parking is free. [Google Maps - York County Sleep Disorders Centre](#)

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.

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