

This is an overnight procedure. The technician will wake you up around 6:00 A.M. the next morning and you will be ready to go shortly after that.

Please note that if the patient is a minor, the Parent or Legal Guardian must stay with the minor during the Sleep Study.

Surface electrodes are applied to your scalp, chin, legs, and near your eyes. This enables us to evaluate brain waves, muscle tone, and sleep stages. Respiratory monitoring devices are placed to monitor nasal airflow and chest movement. This is necessary to identify any apnea (cessation of breathing) during the night. Your heart is also monitored. During the study, a technologist will record your sleep via a digital camera. A computer records the collection of biological data for your physician to review.

Preparation:

1. Avoid caffeinated drinks 8-12 hours prior to testing (i.e.; coffee, tea, soda).
2. Avoid alcoholic beverages 24 hours prior to testing.
3. Avoid sleeping pills or tranquilizers unless you frequently use them and the doctor is aware you are taking them.
4. Please arrive showered with clean, dry hair.
5. Please have your dinner before you arrive as food will not be provided.
6. You are welcome to bring snacks and non-caffeinated beverages. Water will be provided upon request.

Please Bring:

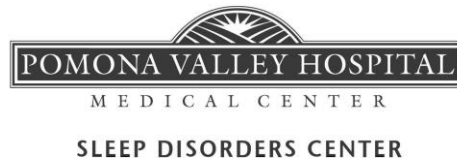
1. Comfortable 2-piece pajamas (shorts and a T shirt are ok). No silky material pajamas, please.
2. Take your usual medications the day and evening of your test. If you take medication at bedtime, please bring it with you to take. If you are taking a sleeping pill do not take it until your technician instructs you to take it.
3. A change of clothes for the next day.
4. All necessary toiletries.
5. You may bring your favorite pillow, blanket, etc.

If you need to cancel or reschedule your appointment, we require at least a 48-hour notice.

Please call (909) 865-9152. Phone hours are from 8:30 A.M. to 12 P.M. and 1:30 P.M. to 5 P.M.

If patient is under 18 years of age, one parent or guardian must stay for the entire study. A bed will be provided. Additional family members are not permitted to stay overnight.

1601 N Monte Vista Ave #270 Claremont, CA 91711



When you arrive, please go around to the back side of the building and use

THE ENTRANCE ON THE SIDE OF URGENT CARE (West Entrance)

Ring the intercom located to the left of the double glass doors and the technician will ask your name and let you in. Proceed to the second floor, Suite 270.

Entrance will be labeled "Sleep Center."

To reach a staff member after 5:00 P.M. Please call 909.630.7923