

SLEEP DISORDERS CENTER

AN OUTPATIENT SERVICE OF
POMONA VALLEY HOSPITAL MEDICAL CENTER

Dear,

Date:

YOUR OVERNIGHT SLEEP STUDY IS:

YOUR TEST RESULTS APPOINTMENT

1601 N. MONTE VISTA AVE.
SUITE 270
CLAREMONT, CA 91711

WHAT TO EXPECT:

PLEASE PLAN TO STAY OVERNIGHT. THE TECHNICIAN WILL WAKE YOU AROUND 6AM THE NEXT MORNING AND YOU WILL BE READY TO GO HOME SHORTLY AFTER THAT. IF YOU ARE SCHEDULED FOR AN MSLT, PLAN TO BE HERE ALL DAY THE DAY FOLLOWING YOUR STUDY. MEALS WILL BE PROVIDED.

SURFACE ELECTRODES ARE APPLIED TO YOUR SCALP, CHIN, LEGS, AND NEAR YOUR EYES. THIS WILL ENABLE 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. ONCE THE SET UP IS COMPLETE, YOU MAY RETIRE TO ONE OF OUR PRIVATE SLEEP BEDROOMS. DURING THE STUDY, A TECHNOLOGIST WILL RECORD YOUR SLEEP VIA VIDEO CAMERA. A COMPUTER RECORDS THE COLLECTION OF BIOLOGICAL DATA FOR YOUR PHYSICIAN TO REVIEW. A URINE DRUG SCREEN WILL BE REQUESTED.

PREPARATION:

1. AVOID CAFFEINATED DRINKS 8-12 HOURS PRIOR TO TESTING. (IE, COFFEE, TEA, SODA, CHOCOLATE)
2. AVOID ALCOHOLIC BEVERAGES 24 HOURS PRIOR TO TESTING.
3. AVOID SLEEPING PILLS OR TRANQUILIZERS UNLESS YOU FREQUENTLY USE THEM.
4. PLEASE ARRIVE SHOWERED WITH CLEAN, DRY HAIR.
5. PLEASE EAT A GOOD MEAL BEFORE YOUR STAY AT THE POMONA VALLEY SLEEP CENTER.

PLEASE BRING:

1. THE ATTACHED QUESTIONNAIRE PACKET (**COMPLETED**)
2. COMFORTABLE 2 PIECE PAJAMAS (SHORTS AND T-SHIRT ARE OK) **REQUIRED**
3. ANY MEDICATIONS PRESCRIBED BY YOUR DOCTOR AND/OR MEDICATIONS THAT YOU TAKE ON A NORMAL ROUTINE- **IF YOU HAVE QUESTIONS ON WHAT MEDICATIONS TO TAKE CALL THE OFFICE BEFORE YOUR STUDY – DO NOT WAIT UNTIL YOU COME TO YOUR STUDY TO ASK**
4. A CHANGE OF CLOTHES FOR THE NEXT DAY
5. BRING TOOTHBRUSH/PASTE, SHAMPOO, AND NECESSARY TOILETRIES
6. YOU MAY BRING YOUR FAVORITE PILLOW

909-865-9152
1601 N Monte Vista Ave
Suite 270
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If you have any questions or concerns or if we can make your stay at the Sleep Center more comfortable please call Kristin, Social Support Coordinator at 909-865-9152.

***IF YOU HAVE AN UPPER RESPIRATORY INFECTION (EX. COUGHING, CONGESTION, FEVER, ETC.) PLEASE NOTIFY TO RESCHEDULE OR SPEAK WITH YOUR SLEEP PHYSICIAN.**

IN CASE OF EMERGENCY:

TO REACH A PATIENT AFTER 8:00 P.M. OR BEFORE 7:00 A.M., CALL 909-630-7923

****IF PATIENT IS UNDER 18 YEARS OF AGE A PARENT OR GUARDIAN MUST STAY FOR THE ENTIRE STUDY, A BED WILL BE PROVIDED**PLEASE DO NOT BRING OTHER FAMILY MEMBERS TO STAY OVERNIGHT.***

WE TRY TO ACCOMMODATE LANGUAGE BARRIERS HOWEVER PLEASE CHECK IF YOU ARE SCHEDULED WITH SOMEONE WHO SPEAKS YOUR LANGUAGE. CURRENTLY WE HAVE ALL ENGLISH SPEAKING TECHNICIANS AND ONE SPANISH SPEAKING TECHNICIAN. IF YOU ARE NOT PLACED WITH A TECH YOU CAN COMMUNICATE WITH, YOU ARE REQUIRED TO BRING SOMEONE WHO CAN TRANSLATE FOR YOU AND THAT PERSON WILL HAVE TO STAY OVERNIGHT WITH YOU.

DIRECTIONS TO OUR FACILITY:

FROM THE 10 FWY. EXIT MONTE VISTA AVE AND GO NORTH FOR 1.7 MILES. YOU WILL THEN GO PASSED FOOTHILL BLVD CONTINUING UP MONTE VISTA AVE 3 BLOCKS. WE WILL BE ON THE LEFT HAND SIDE.

IF GOING EAST ON THE 210 TAKE THE BASELINE EXIT AND IT CURVES TO THE LEFT. TURN LEFT ON THE BRIDGE AND GO TO THE NEXT LIGHT WHICH IS MONTE VISTA AVE. TURN LEFT ON MONTE VISTA AVE. GO ABOUT ½ MILE AND YOU WILL SEE THE CLAREMONT CLUB ON THE RIGHT HAND SIDE. WE ARE IMMEDIATELY PAST THE CLAREMONT CLUB ON THE NEXT STREET.

IF GOING WEST ON THE 210 TAKE THE BASELINE EXIT. IT WILL MERGE ONTO BASELINE. YOU WILL TAKE A LEFT AT MONTE VISTA AVE (NEXT LIGHT).. GO ABOUT ½ MILE AND YOU WILL SEE THE CLAREMONT CLUB ON THE RIGHT HAND SIDE. WE ARE IMMEDIATELY PAST THE CLAREMONT CLUB ON THE NEXT STREET.

PLEASE GO AROUND TO THE BACK SIDE OF THE BUILDING AND USE THIS ENTRANCE. DO NOT USE THE ENTRANCE ON THE NORTH SIDE. RING THE DOORBELL AND THE TECH WILL ASK YOUR NAME AND LET YOU IN. ONCE UP ON THE SECOND FLOOR YOU WILL NEED TO PASS THE 1ST DOOR WITH THE SIGN TO SUITE 270 AND GO TO THE 2ND DOOR ON

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THE RIGHT HAND SIDE. RING THE DOORBELL THERE ALSO AND THE TECH WILL LET YOU IN.

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