

## LIST OF ITEMS TO BRING:

Please be sure to bring the following items to the Sleep Lab:

- Health card
- Medications (no medications are provided by the lab)
- Pajamas
- Sleep diary if you have been asked to maintain one
- Sleep questionnaire if you have been asked to fill one out
- If you are on Nasal CPAP, **bring all CPAP equipment**

Some other items you may want to bring are:

- Pillow
- Reading material
- Slippers
- Snack
- Tooth paste and tooth brush
- Towel
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Please Note:

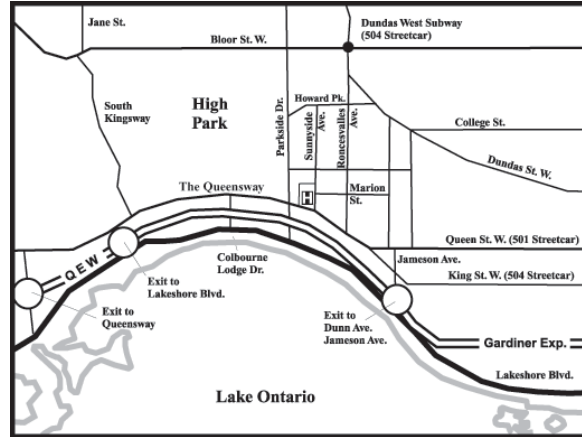
Bathing facilities are not available.

### YOUR APPOINTMENT IS:

\_\_\_\_\_, 201\_\_

at \_\_\_\_\_ p.m.

Located in Room 108 on the first floor,  
East Wing.



**TTC from Dundas West subway station** - Take the subway to Dundas West station. Take the 504 streetcar southbound on Roncesvalles Ave. Get off at Marion St. and walk one block west to the Health Centre.

**Driving from west** – Take QEW East and exit at Lakeshore Blvd. From Lakeshore, turn left at Colborne Lodge. Turn right at The Queensway. The Health Centre is on the left. The parking garage entrance is located on Sunnyside Ave.

**Driving from east** – Take Don Valley Pkwy. to Gardiner Expressway West. Exit at Dunn Ave. Follow signs to Jameson Ave. and turn right on Jameson. Turn left at King St. Turn left at The Queensway. The Health Centre is on the right. The entrance to the parking garage is located on Sunnyside Ave.

# Sleep Lab

# Frequently Asked Questions

at *St. Joseph's Health  
Centre*

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# Sleep Lab - Questions & Answers

## GENERAL INSTRUCTIONS

- **Caffeine** - Please abstain from caffeine for 24-hours prior to your sleep study.
- **Alcohol** - Please abstain from alcohol for 24-hours prior to your sleep study.
- **Personal Possessions** - Leave all valuables at home. St. Joseph's Health Centre (SJHC) cannot assume responsibility for loss of personal possessions.
- **Meals** - Please have your dinner prior to arrival. Meals will not be provided. If you require a snack please bring it with you.
- **Diaries/Questionnaires** - Please bring any completed questionnaires and your diary related to your sleep disturbance.

### Important:

Please take a shower before coming since shower facilities are not available. (Please do not use any lotions, creams, make-up, hair spray, nail polish, etc.)

Please do not stop any of your medications without consulting your physician.

**Please call 48 hours in advance if you must cancel or re-schedule your appointment at 416-530-6000 ext. 4599**

## QUESTIONS & ANSWERS

### *How do I get to the Sleep Lab?*

You can take the parking garage bridge that links to the first floor of the East Wing. You can also access the Sleep Lab through the Emergency Entrance.

The Sleep Lab is located on the first floor of the East Wing, Room 108 and is directly in front of you when you walk down the corridor from the garage bridge. Patients will be scheduled to arrive at 8 p.m.

### *Is there overnight parking?*

Overnight parking is available in the garage, entrance on Sunnyside Avenue. Charges are posted at the door. You can park on the first or second level and take the stairs or elevator to the third level of the garage.

### *What do I do when I arrive?*

Upon arrival please have a seat in the waiting room # 1E 109. A technologist will take you to your own private room.

### *Can I sleep on any side or move freely?*

Yes, don't worry about the wires. Most people sleep well with all the wires.

### *Are there any needles?*

No, all non-invasive electrodes are placed on the surface of the skin.

### *When do I go to bed? When do I leave in the morning?*

Preparation time is about an hour, you should be in bed between 9 p.m. and 11 p.m. and you will be awoken at 6 a.m. to fill in a short post-sleep questionnaire.

### *What do I do if I need to go to the bathroom?*

There is an open intercom, just speak and the Technologist will come and disconnect you.

### *What does the sleep study measure?*

- Brain waves (electrodes placed on the scalp)
- Heart beats (electrodes placed on the chest)
- Eye movements (electrodes placed above and below the eyes)
- Muscle tone (electrodes placed on the chin)
- Body position (sensor placed on chest)
- Leg movements (electrodes placed on the lower leg)
- Airflow breathing (sensor placed underneath the nose)
- Chest and abdominal breathing (sensors around the chest and abdomen)
- Oxygen levels (sensor taped to your fingers)