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**You have been booked for an Overnight Sleep Study in the Sleep Laboratory  
Level 4, Juravinski Innovation Tower, St. Joseph's Hospital  
Appointment:**

The Sleep Laboratory is a ***Fragrance Free Area***. Do not wear any products that contain fragrances to this appointment. This includes products such as cologne, body lotion, after-shave, and hairspray. Some people in this area are allergic to these types of products.

If you arrive before 8:30 pm, the Sleep Laboratory may be closed.  
Please wait until it opens at 8:30 pm.

**PLEASE READ THE FOLLOWING INSTRUCTIONS COMPLETELY.**

You ***must confirm this appointment*** by phoning the Sleep Disorders Program Office  
at 905-522-1155 ext. 34979

### **Step 1: Please call to notify the clinic that you have received this package.**

Please call 905-522-1155 ext 34979 to notify us that you have received and read the Appointment Information and that you would be able to attend on that Appointment Date.

**Please have your Health Card and this sheet of paper with you when you call. You should be prepared to spend 5 to 10 minutes on the phone so we can update your information on the computer.**

We will need to review:

1. Your name, Health Card number, version and expiry date, address and contact phone number, family physician and relative information.
2. Whether or not you have had a previous night study in your lifetime and if so, where and when.
3. The date and time of your appointment and whether or not you will be able to attend.
4. Any special needs or problems moving, speaking or writing so we can be ready for your visit.
5. If you would like to be on a cancellation list to call for an earlier appointment. Please specify any preferred days of the week and the best phone number that we could reach you on short notice.

### **Step 2: Call to Confirm Attendance - 2 Business days before your appointment**

Two days before your appointment we will call to confirm that you will attend for your sleep study. If we do not speak to you in person, you must call us back at least 24 hours before your appointment to confirm that you are coming. Phone 905-522-1155 ext 34979.

If we do not answer please leave a message with your name and contact phone number, the day and time of the sleep study appointment, and whether or not you will be able to attend.

#### **Your sleep study appointment will be cancelled:**

- If we are not able to contact you directly to confirm your appointment.
- If we leave a message about your appointment and you do not call us back at least 24 hours before the appointment to confirm that you will be coming.

The appointment will be given to another patient and you will need to call us back to rebook the appointment.

### **Step 3: Arrive for Overnight Sleep Study - Please try to arrive at your scheduled time**

The Sleep Laboratory is located on level 4 of the Juravinski Tower wing of St. Joseph's Hospital.

Please arrive with no make-up or nail polish and please make sure your head and hair is clean and dry.

#### **Please Bring:** Health card

A list of current medications you are taking.

Any medications you take late in the evening or at bedtime.

A comfortable top and bottom or 2 piece pajama set to sleep in.

Any bedtime items such as a book to read or your pillow or blanket if you feel cold easily.

Personal items for morning

### **Step 4: Getting Your Results**

The sleep physician's office will give you an appointment in the Firestone clinic to discuss the results and treatment plan.

#### **CPAP Study if needed and ordered by your doctor**

When your doctor looks at your results, he or she may want you to have another Overnight sleep study wearing a Continuous Positive airway Pressure (CPAP) machine. This is a small machine that blows room air through a mask worn over your nose. We provide the CPAP machine but bring your own mask and tubing if you already are using a machine at home.

# Overnight Sleep Study

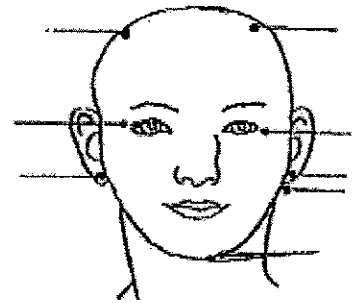
When you come to the Sleep Laboratory you put on your sleeping clothes and get ready for bed.

The goals of this study are to:

- Observe how well you breathe and how much you move when you sleep
- Observe how much you sleep
- Measure the amount of oxygen flowing through your body
- Measure your heart rate and rhythm

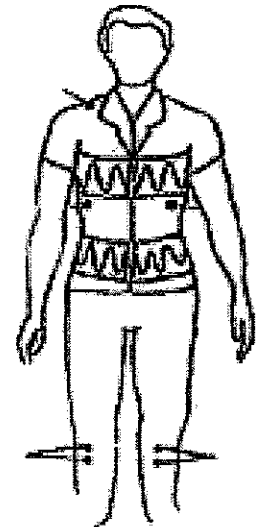
The technician connects you to the equipment and explains what he or she is doing and why.

You will have several small metal disks attached to your head. These allow us to observe if you have light, deep or dreaming sleep.

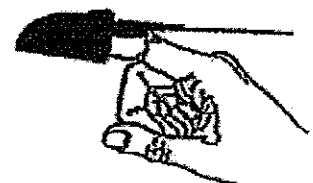


**You also wear:**

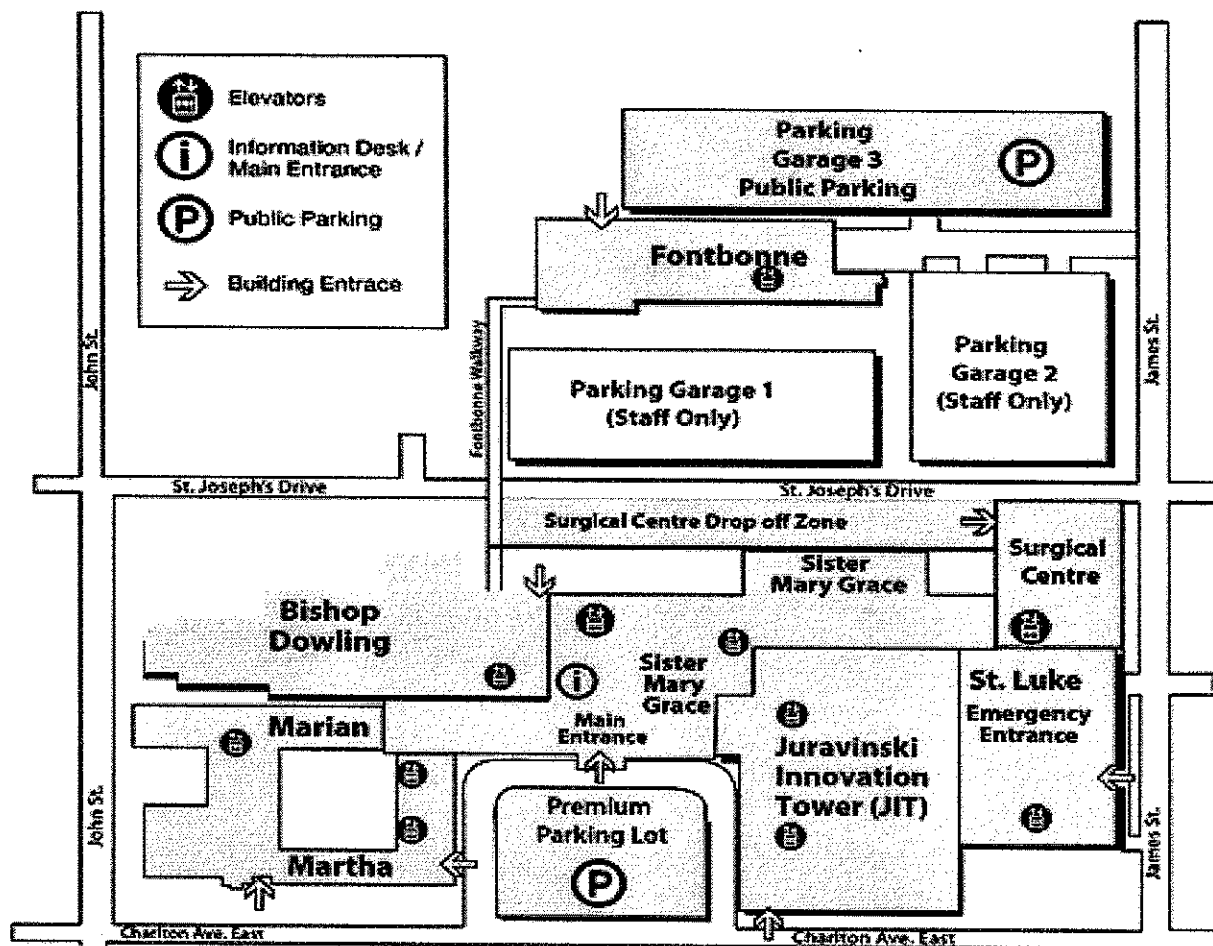
- A vest over your sleep clothes that records your breathing pattern
- A sensor under your arm to record your oxygen level – this not always done
- A sensor under your nose to look at breathing flow
- 2 electrode disks on your chest to record heart rhythm
- 2 small metal disks on each leg to record how much you move



- A sensor worn on your finger to look at your oxygen level



**Firestone Institute for Respiratory Health**  
**Sleep Laboratory: Level 4 Juravinski Innovation Tower**  
**Firestone Clinic: Level 1 Juravinski Innovation Tower**  
**at St. Joseph's Hospital, 50 Charlton Ave. East**  
**Hamilton, Ontario L8N 4A6, Telephone: 905-522-1155**



**Directions:**

For driving directions over the telephone, call 905-522-1155 and select the extension:

- Brantford ext. 32915
- Dunnville, Cayuga, Simcoe and Hagersville ext. 32940
- Kitchener-Waterloo and Guelph ext. 32920
- London ext. 32935
- Niagara ext. 32930
- Toronto ext. 32915

**Patient Drop-Off:**

- There is a patient drop-off area at the front of the hospital off Charlton Ave. East.
- Turn right when you enter here.
- Take the elevators located past the right of the Gift shop to Level 4.
- Ask any staff for directions.

**Parking (subject to change):**

- Parking is off James Street South in the Visitors Parking Lot for \$20.00 a night.
- Parking lot off Charlton Avenue is \$25.00 a night.