



Patient Instructions

Sleep Lab

PLEASE NOTE: We need 48 hours cancellation notice or you **will be billed \$200.00**

**For information or cancellation, please call
 905-338-4484 (8:00 a.m. – 12:00 p.m., Monday – Thursday)
 After-hours, please leave a message**

What Does a Sleep Lab Do?

A Sleep Lab is set up to investigate and diagnose sleep disorders. This requires that you sleep for one night in a private room where staff can monitor your sleep stages, breathing patterns, limb movements and oxygen levels. Monitoring is done through attachment of small electrodes onto the surface of the skin as well as audio and video monitors. Our Lab has the latest in sleep technology equipment and is staffed by experienced and caring **Registered Polysomnographic Technologists (RPSGT)** who are monitoring throughout the night.

Sleep Lab Appointment Information

- Please arrive in **CardioRespiratory** no later than **8:15 pm.**
- Use the phone on the counter to let the technologist know you have arrived.
- **Expect to go to bed by 10:00 p.m.**
- The technologist will **wake you at 5:00 a.m. and you will be discharged at 5:30 am.**

Before Your Test

- Arrive clean-shaven and with minimal hair products, body lotion, and make-up removed.
- Remove nail polish and artificial nails.
- Limit consumption of caffeine on the day of your test and avoid naps!

Please Bring the Following to Your Appointment:

- Health Card
- List of medications and any you are taking.
- 2-piece pyjamas
- Any personal hygiene items such as a toothbrush and toothpaste
- Reading material
- **If using nasal CPAP, bring all equipment with you!**
- **Sleep Diary and Requisition, if you have it.**

Please Note: A TV is available in the common waiting room for patients to share. Shower facilities are not available. Each room has its own private washroom with sink and toilet.

Other Instructions:

- **Valuables** - Do not bring a large sum of money or unnecessary jewellery with you to the hospital
- **Illness** - If you develop an illness and cannot attend, **PLEASE CALL IMMEDIATELY** to avoid charges.
- **Parking** – Parking is available at the hospital for a charge

Directions to Hospital and Sleep Lab / CardioRespiratory Department

The new OTMH is located at 3001 Hospital Gate, which is a new road just west of Third Line that runs between William Halton Parkway to the north and Dundas Street to the south.

The main vehicle access to OTMH is from Hospital Gate although access is also available off of Third Line. Until you are more familiar with the property we suggest that you arrive via Dundas Street.

The main access routes include:

From the QEW: Take the Third Line exit and proceed North to Dundas Street. Turn left (West) onto Dundas Street. Turn right onto Hospital Gate.

From HWY 407: Take the Bronte Road exit and proceed South to Dundas Street. Turn left (East) onto Dundas Street. Turn left onto Hospital Gate.

Sleep Lab - CardioRespiratory Dept.

- ◆ CardioRespiratory - 1st Floor – Near Gift Shop
- ◆ You will see a **RED** CardioRespiratory sign immediately to your right. Please enter through the unlocked doors and have a seat by the fireplace and television.
- ◆ Your technologist is expecting you and will guide you to your private room.