

**THE SLEEP DISORDERS CLINIC**  
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**PREPARATION FOR SLEEP STUDY**

**\*\* IMPORTANT: PLEASE REMEMBER YOUR HEALTH CARD**

**You must be able to care for yourself in the laboratory. We do not have nurses on staff. If you require assistance, you will need to be accompanied to the appointment by a family member or aide. If this applies to you, you MUST arrange this with our reception staff prior to your sleep study.**

You will be hooked up by a technologist to a series of wires, to the head and face and other parts of your body that will monitor you while you sleep. This will take approximately 30-45 minutes. Depending on your bedtime you may have time to watch TV in the common area or bring some reading material with you to read in your bedroom. The use of personal computers or game devices is discouraged before bed.

The technologists require all patients to be in their rooms by 10.30pm at the latest so that they can collect the data required. During the night you will be monitored on a computer screen. There are microphones in each room if you need to get up to use the washroom. You will just need to call the technician and they will come to your room and unhook you to use the washroom facilities. If you have a medical or physical condition that a family member or nurse needs to stay with you overnight, this must be confirmed with our office prior to your sleep study.

In the morning you will be awoken at 6:00am. The technologist will unhook all the wires and you may get changed. You will need to complete a morning questionnaire and then you are able to leave. **All patients are required to leave the building no later than 6:30 a.m.**

**ARRIVAL TIME:** CAMBRIDGE MEMORIAL HOSPITAL Wing C, Level 2: At your designated arrival time.  
See attached "Directions to Sleep Disorders Clinic"

**CLOTHING:** You should bring two piece pyjamas or a T shirt and sleeping pants to sleep in. You may bring your own pillow to use overnight. NOTE THIS IS FOR OUR CAMBRIDGE HOSPITAL LOCATION ONLY.

**SHOWERS:** Please have a shower or bathe before arriving for your appointment. If you wish to have a shower in the morning please bring your own towel and toiletries.

**WAKE-UP TIME:** Wake up time is 6:00 am. Departure time is no later than 6:30 am. You can arrange an earlier wake up time with your technician at time of hook up if required.

**MAKE-UP:** Please ensure all make-up and fingernail polish is removed. If you have acrylic nails we prefer that at least one be removed for the measurement of oxygen saturation.

**ALCOHOL:** Alcohol is not to be consumed on day of sleep study.

**CAFFEINE:** Limit coffee, tea or caffeine beverages. Nothing with caffeine after 4:00pm on day of study.

**FOOD:** If you require a night time snack, please bring your own food with you. We do not provide food or drinks.

**EQUIPMENT:** If you have your own CPAP machine, please bring mask and tubing only for the sleep study.

**MEDICINE:**

**BRING ALL YOUR MEDICATION, including those you normally take to help you sleep, including herbal remedies etc.** You will take your own medicine at your usual time at the sleep clinic. There are no nurses on staff to administer meds. We cannot provide a sleeping pill to you but you may take what you would normally take to help you sleep.

**ACTIVITIES:**

Do not have a nap day of study as it may inhibit your sleep.

**CANCELLATIONS AND/OR RESCHEDULING:**

If for any reason you have to cancel or reschedule your appointment please call the office immediately at 905 529-2259. **We require 24hrs notice to cancel or reschedule appointments or a charge of \$125.00 will be levied against you.** Please note if you are more than 15 minutes late for your appointment and you have not notified the office that you are running late your appointment may be taken by another patient as reception staff will begin calling other patients to replace you. To hold a bed for late arrival we require your credit card number on file.

**NIGHTTIME EMERGENCY CALLS:**

In the event that a family member may need to speak with you during the night of study they can contact you at 905-529-2259. This is for emergencies only.

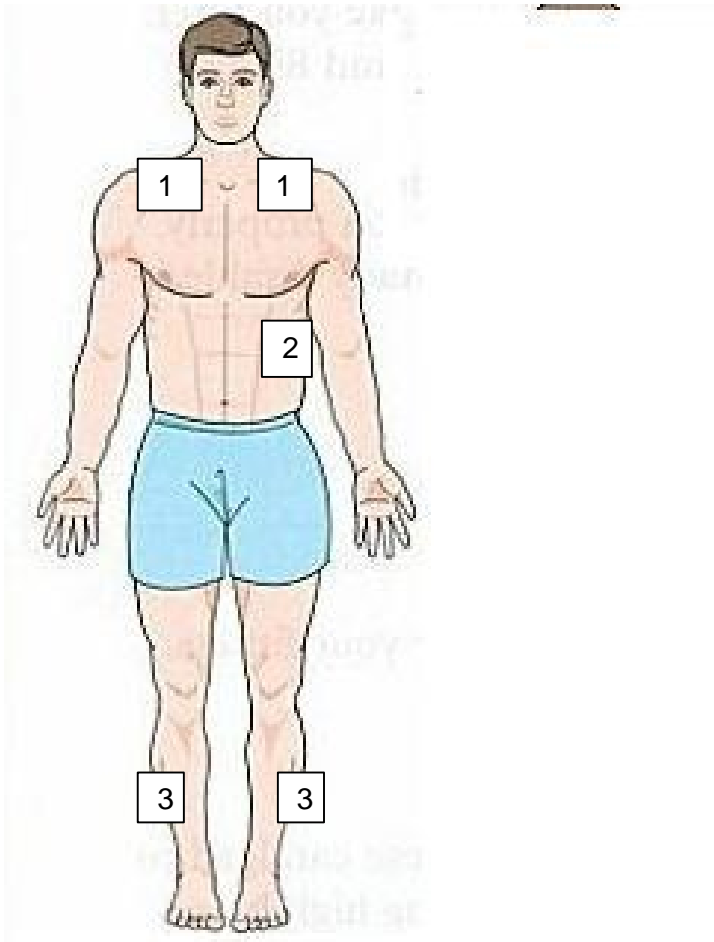
**PARKING:**

Parking for your overnight visit is in lot #2. Please see attached "Directions".

**Please shave yourself with your razor in the identified areas prior to attending this appointment.**

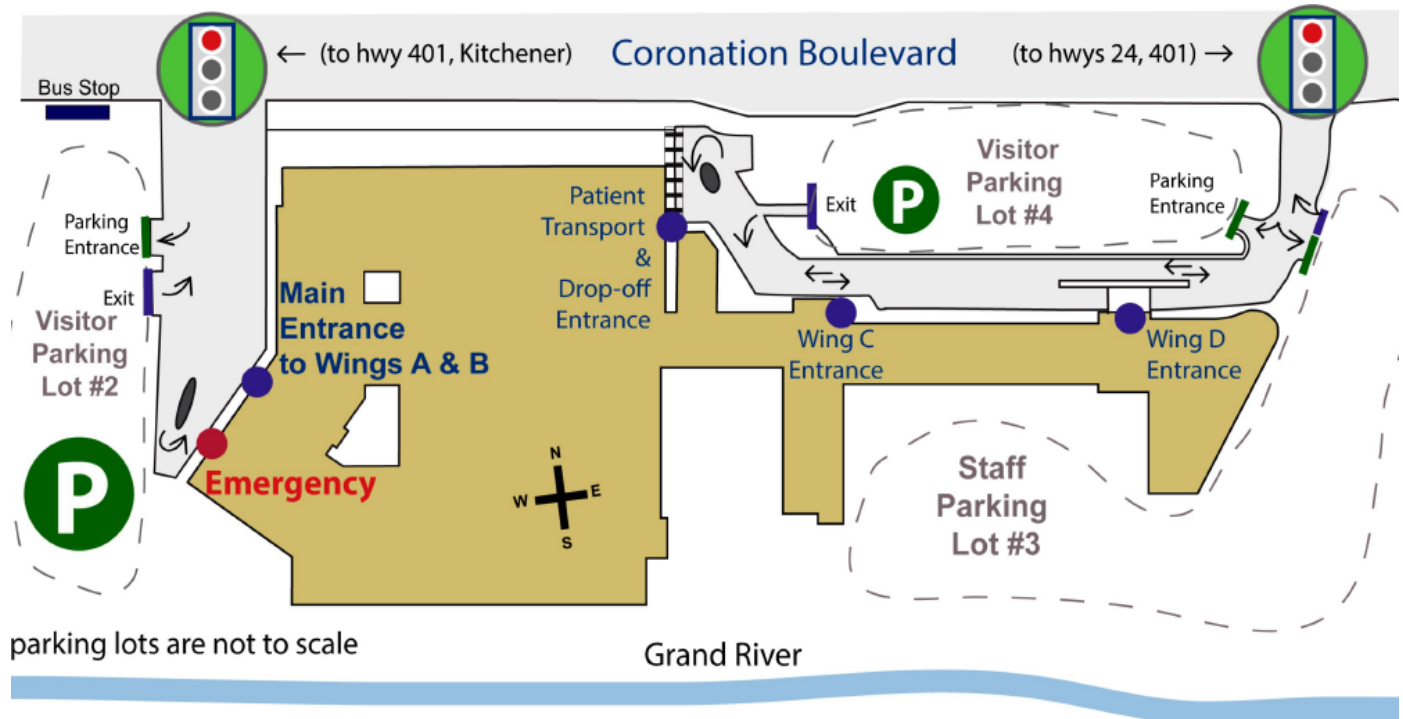
1. Right and Left shoulders, just below the collarbone.
2. Left above waist, on ribs halfway up your side.
3. Left and right leg approximately 5 inches below kneecap towards outside of leg.

Each shaved area should be 3 inches by 3 inches in diameter.



# CMH Parking, Drop Off and Entrance Pamphlet

(Updated June 2020)



## 1) Sleep Clinic Parking:

- ✓ Drive up to Lot #2 and take a ticket and park and proceed to the Main Entrance

## 2) Getting to the lab

- ✓ Go in through the Main Entrance passing through the lobby towards the public elevators.
- ✓ Take the elevator to level 2
- ✓ Turn right and proceed towards the older B wing crossing the bridge/walkway passing the first set of elevators.
- ✓ Open the door to Wing C and walk straight down the hall until you get to the Wing C elevators.
- ✓ Turn right after the elevators and proceed down the hallway to the Sleep Clinic reception.
- ✓ Use your parking ticket to pay for parking before you go to your car. There are pay kiosks near the Switchboard Entrance and the Main Entrance.
- ✓ Use ticket to leave CMH grounds

- 3) I want to drop someone off and not park at the hospital:
  - ✓ Drive onto property at the east entrance traffic lights.
  - ✓ You may drop off your loved one at any of the entrances - There is no parking on this side of the hospital – if you use the Main Entrance, you have a 15-minute no pay grace period.
  
- 4) I need a wheelchair:
  - ✓ Wheelchairs are available at all entrances
  
- 5) I need help finding my way:
  - ✓ Information Desk near the Main Entrance, Wing C, Level 0
  - ✓ Volunteer Ambassadors - Ambassadors will walk with you to your destination
  - ✓ Staff are always happy to provide directions
  - ✓ Security Desk in the Emergency Department and Emergency Triage
  - ✓ Switchboard in Wing C, Level 1
  
- 6) I need more information:
  - ✓ Visit <https://www.cmh.org/patients-visitors/floor-plans> to download a map
  - ✓ Follow us on Twitter and Facebook
  - ✓ Call 519.621.2330 (Switchboard)