



Sleep Laboratory

INFORMATION SHEET

You have been scheduled for an overnight test on _____ at the Royal Jubilee Hospital. The goal of this test is to observe a typical night's sleep after a typical day's activities. There is no need to change your regular schedule or activity to accommodate testing. You will have your own room with a bathroom and sink, but there are no showers. We recommend that out of town patients arrange for rides to and from the hospital.

At 8:45 p.m., you should arrive at the **Emergency Department** of the Royal Jubilee Hospital (new entrance off Bay Street). Tell the triage clerk that you have come for a sleep study. You will need your healthcare card and name of the specialist. The clerk will give you instructions on how to get to the Sleep Lab from the emergency area. The lab will be closed if you arrive too early and there is no waiting area. A Sleep Technician will greet you and explain the testing procedure upon your arrival.

Please Bring

- Please bring LOOSE fitting sleepwear such as cotton t-shirt and shorts and your own pillow.
- Any medications that you may require.
- Diabetics should bring any food or drink they may require as there is only water available in the lab and the cafeteria is closed. Wake up is at 6:00 a.m., and you are free to leave once dressed. The "White Spot Restaurant" across Fort Street is open at that time.
- There are no televisions in the lab but you are welcome to bring a portable music/radio with headphones and reading material.

What are some things I should not do?

- You should **not bring valuables or excess money** to the hospital.
- You should avoid wearing slippery sleepwear such as garments made of silk or satin.
- You should not wear fingernail polish and make-up should be minimal.

Patients using CPAP or Dental Appliances:

- If you have had a sleep study in the past, please carry on with CPAP treatment. If you are using CPAP but have never had a sleep study, please stop using your CPAP three nights prior to testing. **Bring your CPAP mask and headgear to the lab.**
- If you are using a dental appliance, please bring it to the lab.

Parking

- Overnight parking is available in the **Visitors Parking Lot** at a cost of \$1.00 per hour. The parking ticket machine accepts only two loonies at a time so you need at least 10 loonies.

Cancellations

- Please call the booking clerk ASAP and before 3:00 p.m. at (250) 370-8008 if you are unable to come for testing.
- Please do not come for testing if you are feeling sick, call the booking clerk to be rescheduled.



If you have a question or concern regarding your test, please feel free to call the Sleep Lab booking clerk at (250) 370-8008.

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