



Patient: \_\_\_\_\_

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Procedure: Sleep Study

Location: 533 E. Micheltorena Street, Suite 102

### **What is a Sleep Study?**

You have been scheduled for an all-night SLEEP STUDY (polysomnogram) to evaluate your present sleep complaints. During this test, several small sensors will be placed on your scalp, face, chest, abdomen, and legs. These sensors will monitor your eye movements, brain waves, muscle activity, heart rate, airflow, respiratory effort and oxygen level throughout the night. A registered technologist will oversee the recordings during the course of the night from an adjoining control room.

For certain conditions such as snoring and breathing pauses (and if ordered by your physician) you may be asked to wear a CPAP (Continuous Positive Airway Pressure) mask which is worn over your nose. This mask delivers pressurized air which helps keep the breathing passages open during sleep.

### **How to Prepare & What to Bring:**

- Please shower and wash your hair before coming to the center or the morning of your test. Do not use excessive hair spray, oils or gel on your hair; keep makeup to a minimum.
- No alcohol, caffeine, or sleeping medications for 8 hours prior to the test.
- Eat meals as usual.
- Take medications as instructed by your physician.
- Bring medication(s) taken at bedtime or during the night unless otherwise instructed.
- Bring nightclothes, toiletries, and reading material. Shower facilities are available.
- You are welcome to bring your own pillow.
- Avoid taking naps on the day of your study. Avoid drinking lots of fluids before the study.
- If you are scheduled for the Multiple Sleep Latency Test (day study), please bring breakfast, lunch, or snacks. A refrigerator is available. You may bring reading material or something to keep yourself busy in between the naps.

### **What to Expect:**

When you arrive for your study, the technologist will apply the monitoring devices, which takes approximately 45 minutes. You will then have a chance to relax before bedtime. You are welcome to bring a book or magazine. You will sleep in a private bedroom and are able to get us as much as you'd like throughout the night to use the restroom. In the morning, you will be discharged between 6-7 am.

### **During the Night:**

Our staff will do everything possible to make you comfortable during your stay in our facility. If you have any questions about the procedure, feel free to ask the technologist. You will sleep in a private bedroom and get up 5-7 a.m. You are also able to get up as much as you'd like to use the restroom. The technologist, however, is unable to discuss your test results or make treatment recommendations.

### **Cancellation Policy:**

Since this is a very special procedure requiring an overnight stay and special staffing by nighttime technicians, appointments must be cancelled within 24 hours.

### **Directions:**

#### **Traveling South into Santa Barbara:**

- Take 101 South into Santa Barbara
- Exit Mission Street
- From off-ramp, make Left
- Follow Mission to State Street (next to ARCO gas station)
- Turn Right on to State Street
- Follow State Street to Micheltorena St. (third stop light)
- Make left onto Micheltorena St.
- Follow Micheltorena towards the mountains through the residential area. You will cross over Olive Street and continue up Micheltorena. When you come to Salsipuedes Street which intersects on the right, make a left up the steep, narrow road/alley directly after the Pink building, 533 E. Micheltorena (on the opposite side of Salsipuedes Street just before the St. Francis Parking Structure). Then make an immediate left into the parking lot.
- Take the steps or elevator down one floor to Suite 102

#### **Traveling North into Santa Barbara:**

- Take 101 North into Santa Barbara
- Exit Arrellaga Street off of Highway 101 North.
- Follow Arrellaga through the residential area until you get to State Street.
- Make a right onto State Street and then an immediate left onto Micheltorena Street.
- Follow Micheltorena towards the mountains through the residential area. You will cross over Olive Street and continue up Micheltorena. When you come to Salsipuedes Street which intersects on the right, make a left up the steep, narrow road/alley directly after the Pink building, 533 E. Micheltorena (on the opposite side of Salsipuedes Street just before the St. Francis Parking Structure). Then make an immediate left into the parking lot.
- Take the steps or elevator down one floor to Suite 102

**Please call the technician at (805) 962-5749 or (805) 259-6733 if you are unable to find us. Please note this phone is only answered by the night staff.**