



SLEEP STUDY INSTRUCTIONS

KIRKLAND, WA

- When you arrive, please ring the doorbell.
- To contact our lab after hours, please dial 425-636-2420. Leave a message if there is no answer - your sleep technologist may be assisting another patient. Please call us if you are running more than 15 minutes late for your sleep study.
- We ask that you stick to your usual daily routines, including medications, unless otherwise specified.
- **IMPORTANT:** Sleep Studies involve a large commitment of resources on our part. If you cannot come in for a study, please contact us **at least 24 hours in advance** to allow us to fill your slot. **If you do not show for your sleep study or fail to call to cancel at least- 24 hours in advance you will be charged a \$175 no-show/cancellation fee.**
- **IMPORTANT:** If the purpose of your sleep study is to adjust your CPAP pressure, a CPAP machine will be provided for you, however **please be sure to bring your mask and tubing to the study.**

INFORMATION TO REMEMBER

- This is a one-night study. We ask that you attempt to sleep with the monitors on for the full night. Please plan on not leaving the facility any earlier than 5:00 a.m. so we can obtain an adequate sleep study.
- To prepare for daytime operations, we ask that overnight patients leave the facility by 6:30am. If you need to leave earlier, ask your technician the night of your study.
- Please bring your own snacks.
- You will have a private room and bathroom.
- Our sleep technologist will hook you up to the monitoring equipment and will instruct you how to disconnect yourself if you need to visit the bathroom. However, if you are having difficulties during the night, you may ask the sleep technologist for assistance.
- Bring shorts or loose fitting pajamas to allow our sleep technologists to apply sensors to your skin. You are monitored during the study; clothing must be worn at all times.
- Linens are provided, however you are welcome to bring your own pillow, or blanket if you would like.
- Please shower prior to coming in for your study - the cleaner your skin, the better the quality of the study.
- **Important:** wear no lotions, make-up or nail polish during your study - these will interfere with the quality of the study.
- **Test results are not available until your follow-up appointment with your sleep specialist.**
- If you have any questions regarding the information above, please call Sound Sleep Health at 425-636-2400, M-Th 9am-5pm and Fr 9am-1pm.



Our address is 13531 Juanita Woodinville WAY NE, Kirkland WA 98034

Main: 425-636-2400

Back-Line to Sleep Lab: 425-636-2420

From I-405 Northbound

Take exit 20B NE 124TH St

Take a left onto NE 124TH St, heading west

Turn right onto 100th Ave NE, heading north

Take a slight right onto Juanita-Woodinville Way NE Clinic is 1.6 miles up on your right side

Clinic is approx 100 yards up on your left side.

From I-405 Southbound

Take exit 22 NE 160TH St

Turn right onto NE 160th St/Juanita-Woodinville Way NE, heading southwest

Clinic is 1.6 miles up on your right side

