

There are a few things we ask all of our patients to do:

- 1) Please shower and wash and dry your hair before coming to the Sleep Center.
- 2) Don't put hair spray or oils on your hair.
- 3) Bring pajamas or nightclothes with you and slippers if you'd like.
- 4) Keep makeup to a minimum.
- 5) As an option, you can bring your own pillow and reading material. We have pillows on our beds, of course, but some patients prefer their own.
- 6) Do not drink any alcoholic or caffeinated beverages the evening of your study.

Bring your insurance card along with a picture I.D., so a copy can be made for billing purposes. Once you arrive at the main entrance to our building, if the doors are locked, look to your right to locate a call box on the wall. Ring the bell, and a technologist will open the doors for you. Please take the elevator to the second floor, and upon exiting the elevator make a right, and then a left. You will see our suite up ahead on the right side of the hallway.

If you have any questions about your procedure, please ask the technologist. Our technologists are formally trained and will be happy to answer your questions. The technologists are not, however, at liberty to discuss your test results or make treatment recommendations.

A questionnaire and a map with directions to the sleep center are enclosed. Please complete the questionnaire prior to your appointment. Should you have access to a fax or email you can opt to send your completed questionnaire to our office ahead of your appointment date.

Due to the limited availability of sleep study appointments we need at least 2-business days (forty eight hours) notice of cancellation.

We work hard to take care of our patients, and to provide the best service that we can. If you have any questions please do not hesitate to call us at (714) 491-1159.

We wish you a good night of sleep,

Southern California Sleep Disorders Specialists

p: 714.491.1159

f: 714.491.8931