

Eastlake Sleep Center
841 Kuhn Dr., Suite 201
Chula Vista, CA. 91915
Ph#: (619)623-3816
Fax: (619) 623-3824



Dear Patient,

You have been scheduled for an overnight sleep study at the Eastlake Sleep Center.

Check-in time is 9:00 P.M. In the event that you arrive earlier than 9:00 P.M., you may need to sit at the bench located just outside of the Sleep Center on the 2nd floor, until one of our Sleep Techs are ready to check you in.

You will be connected to a number of wires before bedtime. Bedtime may begin anywhere from 9:30 P.M. to 10:30 P.M.

You will be finished by 6:00 A.M. and will be ready to leave by 6:30 A.M.

If you have any questions, please call the sleep center at (619) 623-3816.

Overnight Sleep Study

Name:

Date:

Day:

Time: 7:30pm

Place: Eastlake Sleep Center, Inc (inside Southbay Medical Center, Bldg.)

841 Kuhn Drive, Suite 201

Chula Vista, CA 91914



INSTRUCTIONS FOR THE DAY/NIGHT BEFORE YOUR SLEEP STUDY

1. Keep your same bedtime schedule the night before your sleep study.
2. Try not to “sleep in” or nap during the day of your study.
3. Avoid anything overly stressful or exciting that may over stimulate you on the evening or night of your sleep study.
4. Avoid any beverages with caffeine or alcohol on the day of your study.
5. Please consult your Primary Care Doctor or your Treating Physician if you have any concerns regarding your medications. We also do not provide or administer any medication to patients.
6. Shower and wash your hair prior to sleep study. Please **DO NOT** use any oils, conditioners or hairspray.

WHAT TO BRING

1. Bring comfortable clothing to sleep in.
2. Bring toiletries you may need before or after the sleep study. We provide restrooms and showers if needed in the morning to get to work on time.
3. Do not bring jewelry or valuables with you.
4. Bring your favorite pillow, book or item that will make you feel more comfortable. Television is available if it helps you sleep.