

## IMPORTANT INFORMATION FOR SLEEP STUDY PREPARATION

**A fee of \$200 will be charged for cancellations or changes within 72 hours of an appointment not payable by your insurance**

- Please note the instructions for entry into The Institute facilities:

**FOR SCOTTSDALE: To the right of the main entrance there is an intercom/camera mounted to the wall. Press the intercom and your technician will buzz you in through the main doors.**

**FOR GILBERT: To the right of the elevator on the 2<sup>nd</sup> floor, there is a corridor on the left with bathrooms; there is a door at the end of this hall that is the entrance for your sleep study. Press the intercom and your technician will come greet you at the door.**

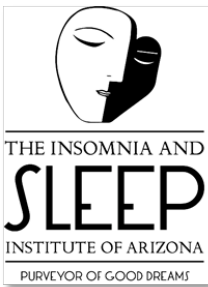
### **FOR PROBLEMS WITH ENTRY INTO THE FACILITIES – CALL 480-745-3547 ext 5**

- Arrive to the sleep lab between 7:30 p.m. – 8:30 p.m. on the night of your study. If you need to arrive later please notify us in advance so that your sleep technician is aware.
- Please wash your hair prior to coming to the sleep center. Do not use hair sprays, cream rinses or conditioners. Please do not apply makeup, nail polish, face or body cream/lotion, as they may interfere with electric sensors.
- Take all your regular medications, unless instructed by your physician to do otherwise. Keep a record of your medications and the time taken. **Please bring any medication that you may need to take with you during your stay.**
- Please do **NOT** consume beverages or food containing caffeine after 12:00 p.m. on the day of the study.
- Try to get a full night of sleep the night prior to your study. Please do **NOT** take any naps the day of your study.
- Please bring nightclothes for the study. Loose fitting, cotton pajamas are preferred. Please avoid nightclothes that are made of satin, nylon, or silk because the chemicals/pastes could damage them.
- Feel free to bring personal belongings to your study that may help your sleep more comfortably, e.g., favorite pillow, blanket, book, etc.
- Bathrooms with shower stalls are available for your convenience. You may choose to bring a toothbrush, toothpaste, shampoo and soap for the morning to freshen up. In addition, you may have to wash your hair several times to remove the paste from your hair used during the study.
- You are usually free to leave by 6:00-6:15 am the following morning unless otherwise specified based upon your usual wake time.

## SPECIAL INSTRUCTIONS FOR MULTIPLE SLEEP LATENCY (MSLT) TEST

1. The MSLT is performed the morning after an all-night sleep study ONLY for patients that are being investigated for narcolepsy.
2. Granola/Cereal bars and water are provided in the morning during this test. Please bring lunch with you, as well as any non-caffeinated, non-alcoholic beverages for use during the day.
3. Please bring reading materials to read during your stay with us. You may also bring a laptop for your use.
4. The urine toxicology test will be performed during the day of your study. Your insurance will be billed directly from the Laboratory (Labcorp or Sonora Quest) performing the test; if you know which lab your sample must go to because of insurance reasons please notify us in advance otherwise your sample will be sent to LabCorp.
5. The testing is usually concluded between 4:00-5:00 pm.

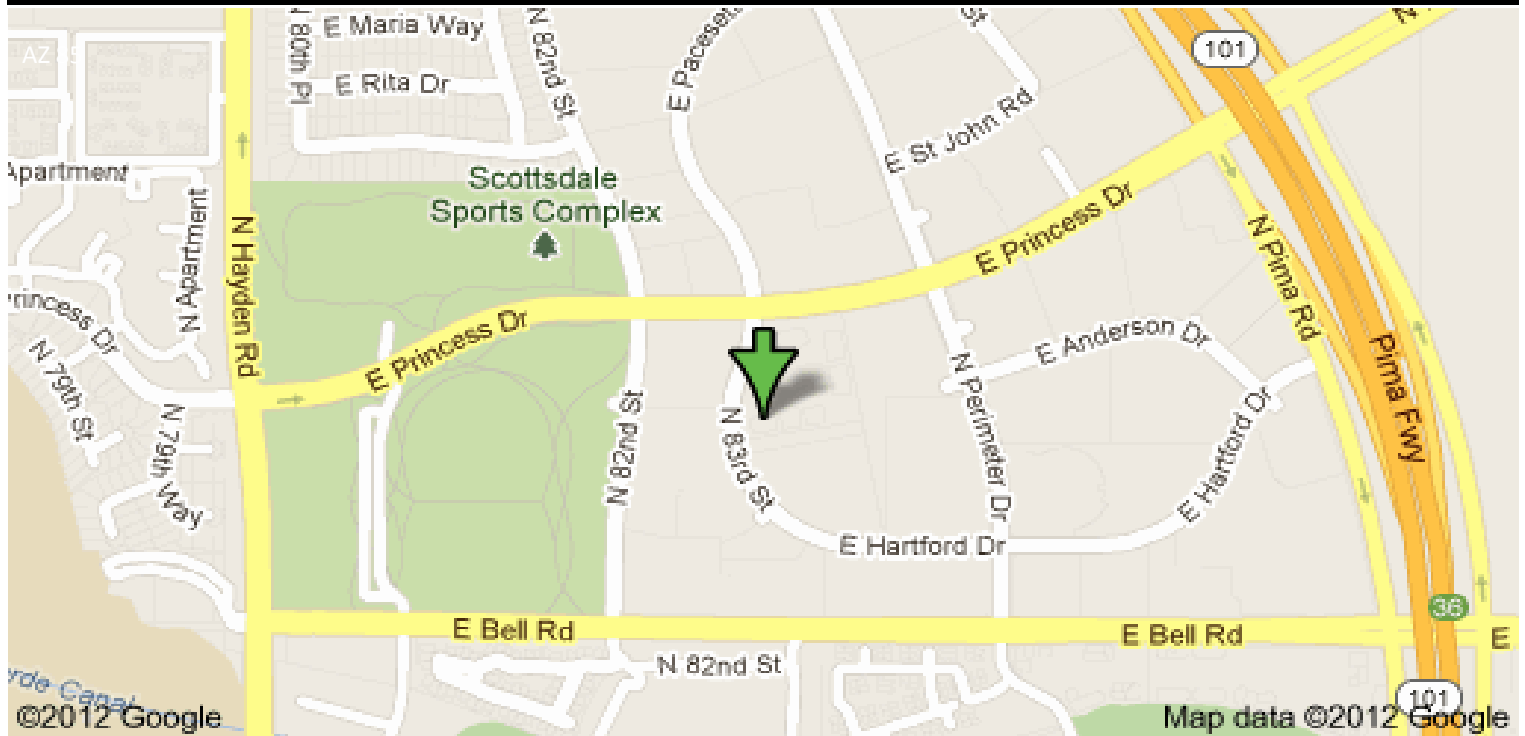
**Additional questions in preparation for your sleep study – please contact the Director of Sleep Diagnostic Services at 480-745-3547.**



## The Insomnia and Sleep Institute of Arizona

8330 E Hartford Drive, Suite 100, Scottsdale, AZ 85255  
1530 E Williams Field Road, Suite 204, Gilbert, AZ 85295  
Phone: 480-745-3547 / Fax: 480-745-3548  
www.sleeplessinazona.com

### MAP/ DIRECTIONS



#### From the East

Loop 202 West to  
Loop 101 North  
Take the Princess Dr. Exit, EXIT 36.  
Turn left onto E Princess Dr.  
Turn left onto E Hartford Dr.  
E Hartford Dr. is 0.1 miles past N Perimeter Dr.  
If you reach N 82nd St you've gone a little too far  
8330 E HARTFORD DR is on the left.

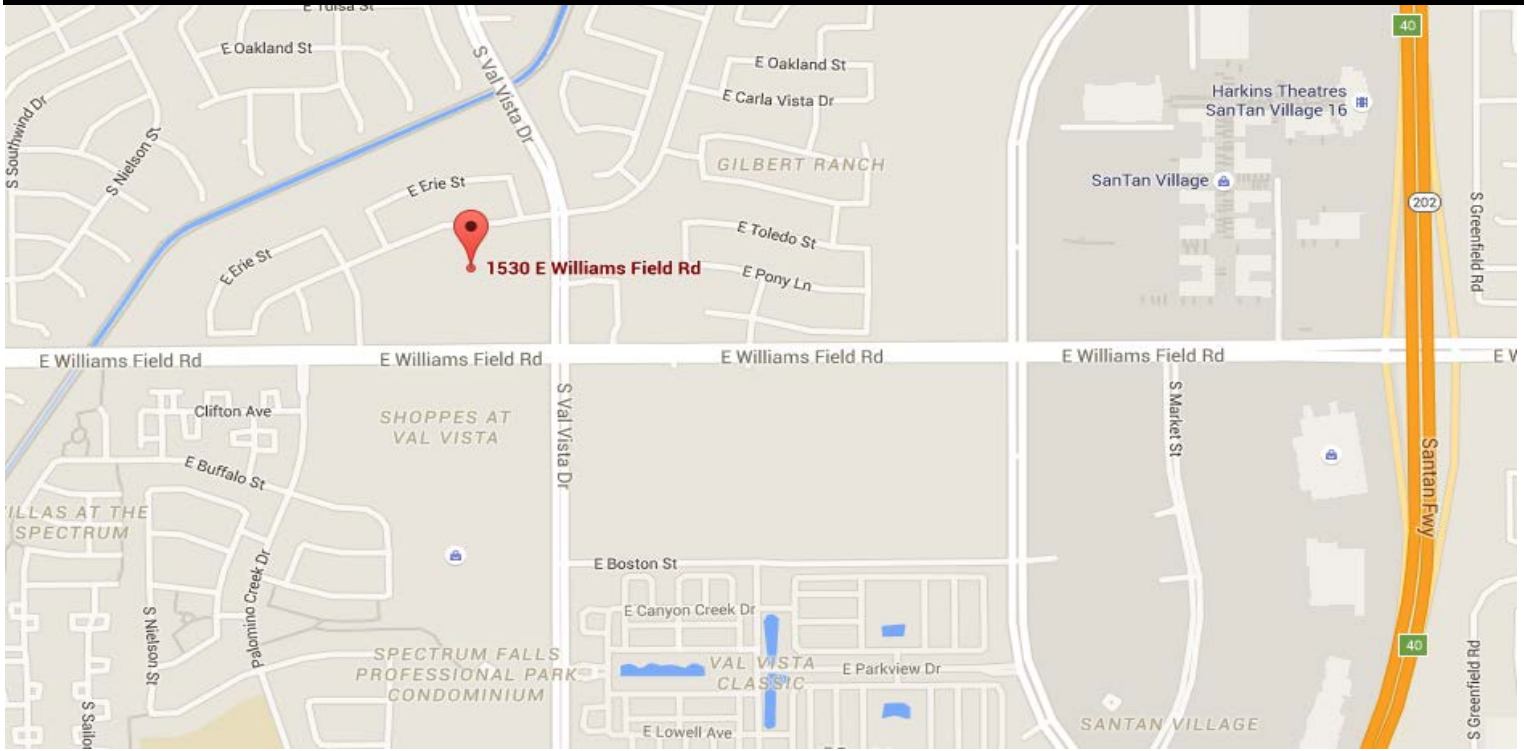
#### From North Phoenix/Glendale/Sun City

101 South:  
Take the Princess Dr. Exit, EXIT 36  
Turn right onto E Princess Dr.  
Turn left onto E Hartford Dr.  
E Hartford Dr. is 0.1 miles past N Perimeter Dr.  
If you reach N 82nd St you've gone a little too far  
8330 E HARTFORD DR is on the left.

#### From Downtown Phoenix

51 North to  
Loop 101 East  
Take the Princess Dr. Exit, EXIT 36.  
Turn right onto E Princess Dr.  
Turn left onto E Hartford Dr.  
E Hartford Dr. is 0.1 miles past N Perimeter Dr.  
If you reach N 82nd St you've gone a little too far  
8330 E HARTFORD DR is on the left

## GILBERT MAP



### From the East

Loop 202

Take Val Vista Drive Exit, Exit 42

Go North on Val Vista Drive

Turn left into The Forum at Gilbert Ranch (just north of the intersection) on the NW corner of Val Vista Drive and E Williams Field Road

Building 1530 will be the 2<sup>nd</sup> building on your right and suite 204 is at the top of the stairs

OR

Take E Williams Field Road Exit, Exit 43

Go West on E Williams Field Road to Val Vista Drive

Turn right into The Forum at Gilbert Ranch (just east of the intersection) / Building 1530 will be 2<sup>nd</sup> building on your right

**PLEASE NOTE THERE IS AN ELEVATOR ON THE GROUND FLOOR OF BUILDING 1530 THAT CAN TAKE YOU TO THE 2<sup>ND</sup> FLOOR. ACCESS IS THROUGH THE DOOR MARKED WITH "ELEVATOR"**

### From the West

Loop 101 South to Loop 202 East

Take Val Vista Drive Exit, Exit 42

Go North on Val Vista Drive

Turn left into The Forum at Gilbert Ranch (just north of the intersection) on the NW corner of Val Vista Dr and E Williams Field Road

Building 1530 will be the 2<sup>nd</sup> building on your right and suite 204 is at the top of the stairs

OR

Loop 101 South to US 60 East

Take the Val Vista Drive Exit, Exit 184

Go South on Val Vista Drive

Turn left into The Forum at Gilbert Ranch (just north of the intersection) on the NW corner of Val Vista Drive and E Williams Field Road

Building 1530 will be the 2<sup>nd</sup> building on your right and suite 204 is at the top of the stairs

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