

Welcome to the UCLA Sleep Disorders Center

Welcome to the UCLA Sleep Disorders Center. We are located at 10833 Le Conte Ave, B Level, Los Angeles CA 90095. **Our Sleep Center Website is: <http://sleepcenter.ucla.edu>**

In order to better care for you, we would like to tell you about our services:

*Enclosed you will find **directions** to the Sleep Disorders Center as well as more information regarding your sleep testing. In this packet, you will also find materials we are requesting you to complete and bring with you to your appointment. To ensure that the physicians at the UCLA Sleep Disorders Center make an accurate diagnosis and assessment, we need to have this information. This will help us become oriented with any medical or other conditions that may be impacting your sleep.*

You are scheduled to arrive at the Sleep Disorders Center no later than 8:30 pm. You may arrive up to 15 minutes prior to your appointment. It is very important that you arrive by 8:30 pm, as you will need to be prepared by the sleep technologists to undergo the sleep test, complete paperwork, be educated about your study and become adapted to the sleep environment. **Any patients arriving past 9pm may need to be rescheduled.** You must call at least 48 hours in advance if you need to cancel your appointment. Please bring your completed questionnaire, insurance card(s), insurance authorization number(s) if applicable, your overnight bag and any medications you will need during your time here. The sleep center will be unable to dispense medications like a pharmacy; therefore you must make sure to bring all of your medications. Please refer to the Facts Sheet included in this packet for more information about your sleep study.

Please complete every page of the attached packet and bring it with you to your appointment.

***Insurance:** Please contact your insurance representative to determine your coverage. Your carrier will be billed for your appointments; however, any charges not covered or remaining balances will be your financial responsibility. Authorizations must be processed before we may give you an appointment. Inform your insurance carrier that you will be undergoing an outpatient sleep study. Although you will be spending the night in our sleep laboratory, this is an outpatient study.*

Our department has earned an outstanding reputation in subspecialty care of sleep disorders due to a high level of clinical expertise, academic achievement and innovative research. Our most important mission is to provide each patient with the best sleep medicine health care available by combining our extensive experience with the latest advances in the treatment of sleep disorders. Our faculty and staff work together as a team to bring each patient the highest quality of care in a warm, friendly and professional environment.

We look forward to caring for you.

Sleep Center Staff

MRN:

Patient Name:

(Patient Label)

Directions from 405 Freeway

- Take Wilshire Blvd East exit
- Turn left at Westwood Blvd
- Turn right at Le Conte Ave (at the Chick-fil-a)
- Turn left on Tiverton Ave (just after Ralph's) *and follow the parking directions below*

Directions from Downtown

- Take the 10 Freeway West towards Santa Monica
- Exit on to the 405-N
- Take the Wilshire Blvd East exit
- Turn Left at Westwood Blvd
- Turn right at Le Conte Ave (at the Chick-fil-a)
- Turn left on Tiverton Ave (just after Ralph's) and follow the parking directions below

Parking Directions

- Enter the CHS Parking Structure on the left.
- Upon entering parking structure take a right to Patient and Visitor parking (***You will go up one level and then down one level to Patient and Visitor Parking***)
- Please follow the **Orange** Patient and Visitor signs to designated Sleep Center Parking on the A level of the CHS parking structure. Make sure you place the Parking Pass face up on your dashboard.
- Once parked there will be a **Yellow Line** on the ground. Please follow this line into the building. This line will take you to the elevators and you will proceed down to the B level.
- When you exit the elevator you will continue to follow the **Yellow Line** to the Sleep Center.
- If you get lost, call 310-267-1038 or 310-267-0444

Please See Attached Map for Designated Parking Spaces

How to Prepare and What to Bring

How to Prepare

- Please shower and wash your hair **BEFORE** coming to the Sleep Lab
- We do not recommend having your hair done before coming to the lab
- Do not use hair spray or oils in your hair
- Keep makeup to a minimum. (This will ensure better adhesion of electrodes.)
- Smoking is **NOT** allowed.
- You are expected to arrive at your scheduled time. Please plan for traffic.
- Our sleep center technologists do not arrive until 8pm.

Items to Bring

- Medications
 - If you take medications before bedtime, bring them with you.
 - Technologists may not administer any medications.
- Pajamas or a two piece outfit to wear to sleep
- Toiletries (toothbrush, toothpaste, contacts solution, etc.)
- Shoes, slippers or sandals to go to the bathroom
- Favorite pillow: We have pillows, but you are welcome to bring a comfort item from home
- Sleep Questionnaire (attached)
- If you wear a CPAP or BiPAP mask at home, you may bring it with you.
- If you use a dental device to treat sleep apnea, please bring it with you.

For patients scheduled for additional recordings the following day:

Breakfast and lunch facilities are available, but are at cost to the patient.

Please bring enough money for these meals.

If bringing food from home, you may bring a lunch-sized cooler or we have a refrigerator you may use.

We do have a microwave; please ask for assistance.

What to Expect During Your Study

Our staff will be doing everything possible to make your nights stay in the Sleep Center as comfortable as possible. The application of electrodes is painless and safe. We will be monitoring your brainwaves, breathing, heart rhythm, oxygen saturation and muscle movements. Wearing the electrodes and sensors may disturb your sleep somewhat. This is normal. Your cooperation and patience is appreciated for this important test.

- You will check in with the technologists and will be shown to your room.
- We may need to collect any additional information needed for your specific study and the questionnaire if not completed in advance.
- Small gold-cupped wires (electrodes) will be filled with cream and taped to or near your chin, ears, head, chest, legs and near your eyes. This takes about one hour, and will begin between 8:45pm and 10:00pm.
- All electrodes and sensors are placed using hypoallergenic tape. Please let us know if you have a known skin allergy.
- In some cases, after the study has begun, a technologist may need to re-enter your room to reposition sensors or to begin CPAP treatment.
- The technologists are awake all night and you may call them if you need them.
- You will be on a video monitor throughout the night. Recordings are used by Sleep Specialist Physicians only. Recordings are not available for transfer or copy.
- The lab technologist who removes the electrodes in the morning may not be the same technologist who applied the electrodes the night before.
- Except for going to the bathroom, you must stay in bed throughout the night, resting quietly if you are awake.
- The technologists are highly trained and knowledgeable; however, they may not give you any information regarding your sleep study results or medical condition(s).
- Results will be available in 10 working days or less, and may be discussed in detail with your physician.
- Sleep study reports are sent to the referring physician(s) only. If you wish to obtain a copy of your report, please contact the Medical Records Department at 310-825-6022.
- Sleep recordings are highly specialized medical procedures that require time and care in performing and analyzing. Please try to cooperate with technologists requests as best you are able.
- Checkout: You will be able to leave by 6:00AM the following morning if not scheduled for additional recordings. Some individuals wish to wash their hair after returning home.
- Accommodations: While we strive to make this experience as comfortable as possible, please be advised that this is a hospital-based facility. Our beds are single hospital beds, complete with bedrails to provide extra safety for our patients. Each room has its own sink, mirror, and television for your convenience. However, we ask that you turn the television off during the recording of your sleep study. Earplugs, towels, extra blankets, and drinking water are available upon request.

MRN:
Patient Name:

(Patient Label)