



## Directions and Parking

Please read these instructions carefully. For your safety, Tower Sleep Medicine is located in a security building, with restricted evening access. Adherence to these directions will facilitate easy access to our center. If you have any difficulty entering the building or the parking structure, you can directly call the 24 hour building security desk at 424-281-1319.

1. Our facility is located at 8635 West 3<sup>rd</sup> Street in Suite 965, in the West Tower of the Cedars-Sinai Medical Office Towers. (Please don't confuse us with the East tower, which is located next door!)
2. **We do not validate parking. The garage charges an \$18 fee to park overnight.**
3. Although our facility is located in the West office tower, the building has requested that all overnight patients park in the East parking structure. The entrance to the East parking structure is on Sherbourne Drive, just off of Third Street.
4. Between the hours of 8:30 PM and 6:30 AM, in order to enter or exit the parking structure, you will have to use the security intercom system located at the vehicle gates. The Office Towers security will have to manually allow you to enter or exit the structure. Although this is a mild inconvenience, it is for your security and well being. If a prompt response to the intercom is not obtained, please call the 24 hour security desk at 424-281-1319.
5. Within the parking structure, take the elevator to the third floor, and enter the Office Towers lobby area. A security guard is positioned in the lobby of the East Tower, and will be available to assist you with any questions. Cross over the bridge to the West Tower, and take to the elevator to the 9<sup>th</sup> floor, Suite 965.
6. The Cedars-Sinai Office Towers are secure buildings. The street entrances to the buildings close at around 6:30 in the evening. The ONLY access to the buildings, after 6:30 PM, is through the parking structures.
7. If you have any additional questions regarding directions or parking, please don't hesitate to ask.



**TOWER SLEEP**  
M E D I C I N E



**We are located at 8635 West Third Street, Suite 965, in the West Tower of the Cedars-Sinai Medical Office Towers.**

8635 W. Third Street, Suite 965 Los Angeles, CA. 90048  
Phone: 310.657.4337 Fax: 310.657.3799



## Patient Instructions

Our goal at Tower Sleep Medicine is for your sleep study to be a comfortable and worry free experience. We have developed this set of instructions to assist in answering some common questions. If you have any additional concerns or questions, feel free to call our staff at anytime.

1. Your appointment for a sleep study is on \_\_\_\_\_ at \_\_\_\_\_ P.M. Tower Sleep Medicine requires a **4 BUSINESS DAY** notice for cancellation of appointment. Any patient cancelling reservation less than 4 business days before scheduled appointment is subject to cancellation fee.
2. Please arrive as close to your appointment time as possible. An extremely late arrival may prevent your sleep study from being performed. If you anticipate being late, or if you need to cancel your appointment, please call 310.657.4337 to notify us. Please also note that the nighttime staff arrives at the center at 8:00 P.M., prior to which the facility is closed. We are therefore not able to accommodate early arrivals.
3. Please bring with you to the sleep study your medical insurance card, driver's license (or equivalent photographic identification), and any sleep or medical questionnaires which you may have been asked to fill out.
4. A small night bag containing your personal effects should be packed. Remember to bring ALL medications that you will need (or may need) during the sleep study. Please also bring a complete list of all medications (and dosages) that you are currently taking.

Don't forget to pack personal toiletries, include toothbrush, toothpaste, and any other personal essentials.

Also remember to pack comfortable nightclothes. Two-piece pajamas, or comfortable shorts with a T-shirt are recommended. A single piece long nightgown will make performing the test difficult, and should be avoided. You may wish to also bring night slippers to have on hand. If you have any additional questions regarding recommended attire, feel free to call our staff at any time.

5. All bedding will be provided. Please feel free, though, to bring with you a favorite pillow, blanket or Teddy Bear, should you desire.
6. Please **DO NOT USE CAFFEINE OR ALCOHOL** after 12 noon on the day of your study, unless your physician directs you otherwise.



7. Do not stop any medications for your sleep study, unless directed by your physician. If you take medications to help you sleep, your doctor may or may not want you to continue these medications during your sleep study. Please discuss this with your physician ahead of time.
8. The sleep study hook-up procedure may involve some waiting. Feel free to bring a book or magazine to help pass the time. A television in each room is also available.
9. Most sleep studies are concluded sometime between 5 and 6 A.M. Following disconnection of the diagnostic equipment, and a post-sleep study questionnaire, you should be able to depart the center shortly thereafter. Unless otherwise noted by physician prior to the study, arrangements should be made so that you may leave our facility no later than 7 A.M.
10. Your personal safety, both during and after the sleep study is our highest priority. If you feel, at the conclusion of your sleep study, that you may be too tired to drive home safely, please notify your technologist. They will assist you in making alternate transportation arrangements.
11. Please arrive at the center with clean, dry hair, free of any styling products. Adherence to this will facilitate placement of the EEG (brain wave) electrodes on your scalp.
12. Males Only: The quality of the digital recording will improve if you shave immediately prior to coming to the sleep laboratory. This does not apply to those of you with full beards or mustaches.
13. Patients under 18: We require a parent or legal guardian to be present during the entire sleep study. Please discuss sleeping arrangements for the adult chaperone with our sleep center staff ahead of time.
14. If you require supplemental oxygen, have any specific medical needs or problems, or if you are mobility impaired, please discuss this with our staff in advance of your sleep study, so that we may be better prepared to meet your needs.
15. If you have any additional questions at all, please don't hesitate to contact our staff.

## What To Expect During Testing

- Please note that after your arrival and completion of paperwork, application of monitoring equipment will take between 20 and 30 minutes.
- Parts of the skin where electrodes are placed will be cleaned with a mild gel, pasted using a gentle cream similar to petroleum jelly in consistency, and secured using either tape or gauze.
- After the study is complete, the remaining paste is easily removed using soap and warm water. A washcloth will be provided for cleanup.

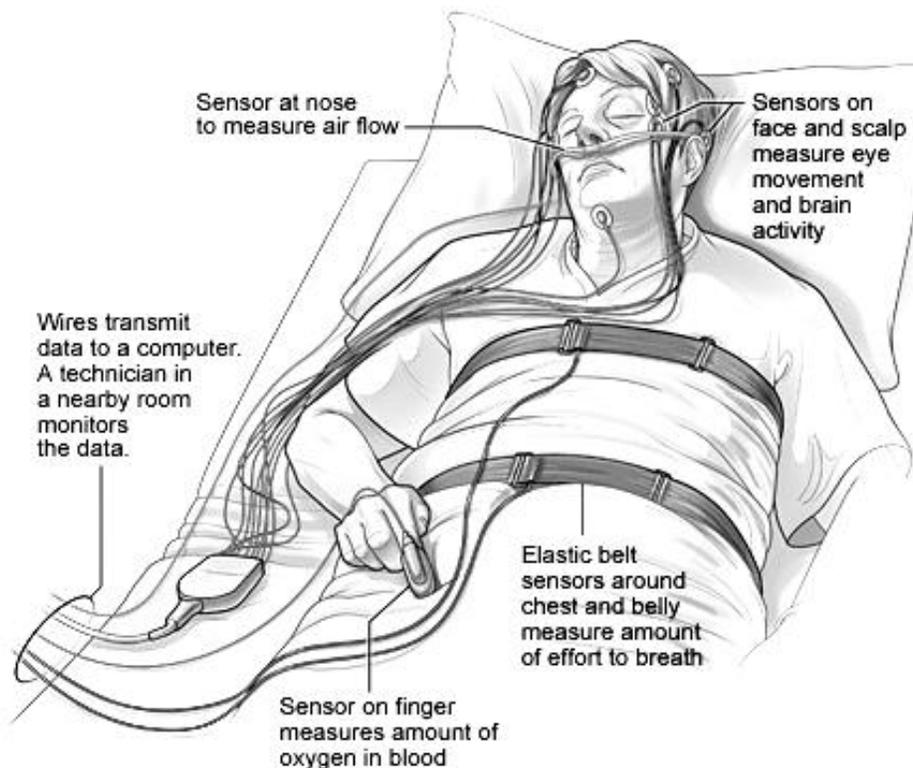


Figure: National Heart, Lung and Blood Institute, National Institutes of Health (2012). *What To Expect During A Sleep Study*. <http://nhlbi.nih.gov>.