



# California Sleep Solutions

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Ph: (916) 789-0112

“We put your sleep disorders to Rest”

Fax: (916) 789-0529

Dear Patient:

The following lists important information that will help prepare you for your stay with us. Please call for any other questions.

Scheduled: \_\_\_\_\_

*Please do not arrive earlier than your scheduled appointment, otherwise there may be no technician to greet you and/or you may have to wait.*

Please follow all directions for preparing for your overnight Sleep Study:

- Do not consume any beverage containing caffeine (i.e. coffee, teas, coke, etc.) at least 8 hours prior to your study. Caffeine can interfere with some of the data needed.
- If you are taking any medications, take them as prescribed. Be sure to list them all on the paperwork you received, as this information is relevant to the study results.
- Please remember to bring toiletries and sleeping attire (gym shorts, unrevealing clothing). If you choose, you may bring a personal pillow, robe, and slippers if you prefer. It is recommended to bring a book or magazines if you feel it may help you relax.
- Please shower and wash your hair either that morning or before you come to the sleep center. Avoid using any hair products and keep makeup to a minimum, and if possible remove fingernail polish.

How you will be prepared for the study by the technician:

- You will be shown a short video during your hookup that will describe what a study entails and what signals will be monitored.
- Tiny electrodes will be filled with conductive cream and applied to your scalp, face, and legs. Other sensors will also be applied to your chest, index finger and legs. This is a painless process that will take approximately 30-40 minutes. All electrodes are designed to be small for your comfort.
- A monitor will be recording your body position throughout the night. The technician will be in another room monitoring you continuously on a computer.
- The equipment is design so it is easy for you to disconnect for purposes such as going to the bathroom. However, you are asked to stay in bed throughout the night.
- Our technical staff is experienced in the sleep procedure and will be happy to answer any questions you may have about the procedure. However, they are not able to provide any information regarding your diagnosis or treatment. Only your physician will provide that information after he/she receives your test results.
- The testing will be concluded between 6:00-6:30 in the morning unless otherwise discussed with the office.

*(Please complete the questionnaire of the back of this sheet.)*

Cancellations:

Your sleep study requires California Sleep Solutions to reserve the room and time of night technicians. If you should need to cancel an appointment, you should give us at least 2 business days notice of cancellation. A Cancellation fee of \$75.00 will be charged if appropriate notice is not given.

Please call us directly at California Sleep Solutions if you have any questions or need further clarification. You can contact us at (916) 789-0112.

Thank you for choosing California Sleep Solutions, and we hope the above information will ensure you a pleasant stay with us.

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**BELOW ARE DIRECTIONS FOR ALL OF OUR LABS –  
PLEASE BE SURE TO REFER TO THE ONE YOU ARE  
SCHEDULED TO HAVE YOUR STUDY AT:**

**ROSEVILLE Directions and Parking:** 1020 Sundown Way, Suite 160 - *Our Sleep Center located across from the Spaghetti Factory Restaurant.*

1. From I-80, you will exit Douglas Blvd (East).
2. When exiting the freeway, stay to the right. The first light is Sunrise Ave., and you will be turning RIGHT.
3. Follow Sunrise past Coloma Way.
4. Make a RIGHT turn on Sundown Way (It is across from the Spaghetti Factory restaurant. If you come to the Chevron, you have gone too far.)
5. Go to the end of the street, you will see a large building. We are in Suite 160.

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**ELK GROVE Directions and Parking:** 9230 Bruceville Rd., Suite 4 - *Our Sleep Center located on the corner of Bruceville Rd. and Laguna Blvd. (diagonal from Borders and directly across from Kinkos).*

Take Freeway 99 and exit Laguna blvd. Go west until Bruceville Rd. Make a Left on Bruceville road. **We will be within one block on the right.** There will be a monument sign on right side with California Sleep Solutions and several dentists. Make a right into parking lot and we are located in Suite 4.

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**FOLSOM Directions and Parking:** 1671 Creekside Dr., Suite 100 - *Our Sleep Center located across from Mercy Hospital.* PLEASE NOTE THERE ARE NO SHOWERS IN THIS LAB. WE CAN RESCHEDULE YOU IN A DIFFERENT LAB IF THIS POSES A PROBLEM.

**From Highway 50:**

1. Exit Highway 50 on E. Bidwell St. Stay on E. Bidwell for 2.7 miles.
2. Turn right on Creekside Dr. make a left into the third driveway. Go to the right towards the last building closest to Creekside Dr. Enter Building 1671.
3. We are located across from Mercy hospital in Folsom. Building 1671, Suite 100.

**From Greenback and Folsom-Auburn:**

1. Come up Greenback past Folsom-Auburn. Greenback becomes Riley St.
2. Turn Left on E. Bidwell St. Go 1.3 miles. Turn left on Creekside Dr. Then left into driveway and enter Building 1671, Suite 100.