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*Dedicated to providing comprehensive diagnostics, education, and treatment services for sleep disorders.*

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Thank you for choosing AmeriSleep Diagnostics for your Sleep Study! At your convenience, please fill out the new patient paperwork **prior** to your Sleep Study with AmeriSleep Diagnostics and bring it with you to your appointment.

**Please read through the following carefully and thoroughly:**

**Location:**

**AmeriSleep Diagnostics Mission Valley**

4025 Camino Del Rio South

Suite 103

San Diego, CA, 92108

To open our clinic location on Google Maps, please follow this link:

<https://goo.gl/maps/rGFGaLo61kmgCBA6A>

Printable driving directions can be found attached to the end of this email.

**Scheduling Department Phone:**

(619) 717-8102

**Parking Information:**

- Parking is free and is located behind the building.
- Accessible parking is located under the building in the parking garage. Please take the elevator up to the 1<sup>st</sup> floor to Suite 103.

**Important Coronavirus (COVID-19) updates:**

- *AmeriSleep Diagnostics is following the CDC's recommendations for COVID-19 precautions. The health and safety of our patients and staff is paramount. If you have a fever or respiratory symptoms, please do not come into the sleep clinic unless your doctor has instructed you to do so. Please call the office at (619) 717-8102, if you have any questions or concerns.*

- *We ask that everyone entering and exiting the sleep clinic wears a mask and are not allowing visitors at this time. If you arrive at your appointment early, we will ask you to wait in your car until your exact appointment time.*
- *These are trying times, but our commitment to caring for both you and your loved ones remains our goal.*

**What you need to know before your appointment:**

- Please arrive at the lab wearing your protective mask.
- Your hair should be clean and free of all styling products, including hairspray or oils.
- Please shower before arriving and remove all make-up and lotions. Showers are not available at the facility.
- You will need to remove any nail polish **from at least one of your index fingers**, including regular polish, gel polish, or acrylic nails. Any barrier on your nails will interfere with the data being recorded during your study.
- Please arrive promptly at your scheduled time unless other arrangements have been made in advance of your appointment with an AmeriSleep representative.
- Please eat dinner before you arrive and avoid bringing food into the lab. Water is provided for your stay.
- On the day of your study, avoid alcohol, caffeinated beverages, and caffeinated foods. These items will affect your sleeping patterns.
- AmeriSleep Diagnostics is a smoke-free environment.
- We are here to best accommodate you. Please let us know at the time of scheduling of any mobility, accessibility, or special accommodations you may need to complete your scheduled study, so that we can make the necessary arrangements. The patients that need assistance will be allowed to have a caregiver, assistant, or an adult family member stay in the patient's room on a cot. Patients not needing assistance are not allowed to have their spouse or significant other stay during their study.

**What to know about your Sleep Study:**

- There will be wires connected to your head, face, chest and legs so we can monitor your sleep patterns.
- We are strictly a diagnostic lab. We cannot offer any advice on maintaining or calibrating your sleep devices.
- We will provide pillows and blankets for the study. Please do not bring personal items like pillows and blankets into the lab.
- Wifi is available for your use up until the study begins. We will ask you to put all electronic devices away once we are ready to start recording data. These devices can stimulate wakefulness and prevent you from falling asleep.
- Remember to check your room upon departure for personal items.

- All patients must leave the facility no later than 6:00 AM. The Technicians will begin to wake patients around 5:15 AM, unless other arrangements have been made. Please have your transportation arranged so you can be picked up on time and remember to check your room for personal items before your departure.

**What you should bring with you:**

- Driver's License
- Insurance Card
- AM/PM Medication
- Medication List
- Small Overnight Bag (Please leave pillows and blankets at home)
- Reading Materials and/or Glasses
- Two Piece Pajamas or Comfortable Sleeping Clothes
- Toothbrush/Toothpaste/Mouthwash
- Personal Hygiene Products
- Slippers (If you choose)
- Any Co-Pay Amounts Due (Paying in cash highly discouraged, we are not able to make change)

**What you should leave at home:**

- Valuables (Jewelry, large sums of cash, etc)
- Perishable Foods
- Strong Scents/Perfume/Cologne
- Alarm Clock (Techs will wake you)
- Pets (Service Animals are permitted)

**Items and services available to you:**

- Reading Lamp
- Intercom
- Registered Technicians and Respiratory Therapists
- Bilingual Staff
- Restrooms
- Bottled Water

**Items available upon request:**

- Female or Male Technician

- Extra Blankets and Pillows
- Portable Fan or Heater
- Clothes Hangers
- Ear Plugs

**Cancellation Policy:**

- **We will call to remind you of your appointment. However, if you do not confirm your appointment before 12:00PM on the day of your scheduled sleep study, the appointment will be cancelled, and you will need to call to reschedule.**

Thank you for trusting AmeriSleep Diagnostics with your care. We look forward to seeing you at the time of your sleep study. Please feel free to reach out if you have any questions.