



London Health Sciences Centre

Victoria Hospital
Sleep & Apnea Assessment Unit
800 Commissioners Rd. E.
London, Ontario
www.lhsc.on.ca/priv/sleep

Sleep Study

During your sleep, the technicians will monitor your brain wave activity, leg muscle activity, chin muscle tone, eye muscle movement, heart function, breathing patterns, and blood oxygen saturation. Some optional testing may be done such as carbon dioxide levels.

Small metal discs (electrodes) will be attached to the surface of the skin. For best results, electrodes need to be placed on a clean scalp. Ensure your hair is clean, dry and free of oils or gels on the day of your test. Remove fingernail polish prior to study.

Parking

Parking is available in Parking Lot 7, off the Baseline Rd. entrance. Parking is \$12.00 per night. There is a pay machine at the lot exit that accepts credit cards or cash.

We are located in Zone E, 4th floor, 300 Wing (E4-300). Zone E is locked at 8:30 p.m., daily. Please use entrance E where there is a phone linked to security for building access. You must make prior arrangements with us if you will arrive after 8:15 p.m.

Medications

Unless otherwise stated, patients should continue to take all medications that they would normally take at home (including any over the counter medications). We will not administer any medications at your appointment to help you sleep.



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Nutrition

Please eat a normal meal before coming to the test. We do not provide meals or snacks. If you wish to bring your own snacks, a fridge is available for storage.

FAQ's

What if I can't sleep?

For added comfort, you may wish to bring your own pillow. Sometimes patients accumulate several hours of sleep without realizing it.

Can I use the washroom through the night?

The technicians will assist you in going to the washroom.

Cell phones and personal electronics?

You are permitted to bring these with you but all devices must be powered down (not just silenced) by 10:00 p.m. Failure to comply may result in termination of your study.

Rooms are not equipped with TV or radio service.

What time will I be discharged?

Discharge is at 6:30 a.m.

Contacting Us

Sleep & Apnea Assessment Unit

Monday to Friday (8:00 a.m. to 4:00 p.m.)

Booking Secretary

519-667-6855

Email: sleepmedicine@lhsc.on.ca

Please call or email if you have any questions!

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