



2 Champagne Drive, Unit B15
Toronto, Ontario M3J 2C5
Tel: 416-642-4232 Fax: 416-642-4234
www.northyorksleep.ca

❖ SNORING ❖ SLEEP APNEA ❖ INSOMNIA ❖ RESTLESS LEGS ❖ PROFESSIONAL DIAGNOSIS & TREATMENT ❖

PATIENT WELCOME LETTER

Dear Guest,

Welcome! Please read the attached document carefully and let us know if we can be of any further help to answer any questions or concerns.

You may have many questions as you prepare for a sleep study (also called PSG) at our sleep laboratory. Knowing what to expect will help you to feel more relaxed before and during the study.

The physicians and staff at NYSDC are happy to assist you to evaluate the cause of your sleep related concerns as requested by your physician.

We will do our best to make your stay as comfortable as possible, however being a testing facility our setup & décor is not the same as a hotel. Please inform the technicians or our booking staff beforehand if you have any special needs on the night of your sleep test (e.g. extra blankets, pillows, fan etc.). If you encounter any problem during your stay, please inform our duty technician. Technicians look after up to 3 patients, and thus there may be a short delay in responding to a patient's request.

The room where polysomnography is done will be dark and quiet with all basic facilities like a reading desk & light. You don't share the room with anyone else. Patients are allowed to use their cell phone in their rooms only and are requested to keep their conversation volume as low as possible. Cell phones and other electronic devices should be switched off once the test has commenced due to possible electromagnetic interference.

Our rooms are nicely decorated and peaceful making it conducive for patients to fall asleep quickly. Our linens are laundered daily, and an ample supply is kept on-hand in the laboratory. If for any reason a patient requests a different set (sheets, pillow cases or blanket) the technologist will be happy to change it. It is expected that you might not sleep quite as well as you do at home. This however does not hinder the study or affect the results.

There is a possibility that during your test you may feel anxious, restless or uncomfortable because of the different sleep environment or placement of electrodes and sensors. We strongly encourage you to bring in with you some of your personal items that might help you to fall asleep quicker, such as books, magazine or electrical devices. Our staff will be pleased to help you with any assistance that you may require. You may be woken up by the technician during the night, if there is a malfunction of any of the sensors, or the technician may ask you to change your position, since we would like to get a sample of sleep on the back as well as on the sides.

Lastly, we encourage you to follow the directions to reach our sleep facility as given in the attachment.

If you still have any questions or concerns please feel to contact NYSDC administrative staff during the normal business hours.

We are looking forward to welcoming you in our sleep laboratory and trust that you will have a pleasant experience in our facility, providing a meaningful test result that your sleep doctor will discuss with you and will be able to use to help you with your sleep complaint.

After analysis and interpretation, results will be sent to your referring physician. If you require additional copies of your report from NYSDC, suggested OMA fees for uninsured services will apply.

Sincerely,
Dr. V. Hoffstein
Medical Director



PATIENT INFORMATION: SLEEP STUDIES

Note: This information is confidential, may be legally privileged, and is for the intended recipient only. Access, disclosure, copying, distribution, or reliance on any of it by anyone else is prohibited and may be a criminal offence. Please destroy if obtained in error and send confirmation to the sender.

Appointment Details		
<input type="checkbox"/> Diagnostic	<input type="checkbox"/> CPAP Titration	Patient Name:
Study Date:	<i>To avoid a fee of \$150.00, all appointment cancellations must be made 48 business hours prior to the appointment, please call 416-642-4232 as soon as possible.</i>	
Time:		
Consultation Date:		
Time:	with Dr.	

How to prepare for the sleep study

- Do not consume caffeine (coke, chocolate, coffee, tea, etc.), alcohol or recreational drugs on the day of your sleep study.
- Refrain from taking naps on the day of your sleep study.
- Take a shower before you come to the lab and do not use any make-up including moisturizer, nail polish or hair gel.
- Men must clean shave facial hair before arriving, *unless a moustache or beard is normally worn* (moustache and/or beard are okay, stubble on the chin is not).

What to bring with you

- Valid OHIP card. The test is fully covered by OHIP.
- Medications or a complete list of your medications. Please continue taking all your medications as usual, unless specifically instructed by your doctor to do otherwise.
- Let the technologist know if you have any allergies, especially to tape adhesive.
- Two piece pajamas (or T-shirt and shorts). Please do not bring expensive sleepwear to the lab, as small pieces of tape may be used to secure some wires to your clothes.
- Toiletries, towels, slippers, robe, hair dryer, etc. Two shower rooms are available for your convenience.
- You may bring books/magazines, laptop computer or other non-transmitting portable electronics. WiFi is not provided.
- Note: if you are scheduled for a CPAP Titration sleep study and are already using a CPAP machine at home, make sure to bring your tube and mask with you. You do not need to bring the machine.
- The sleep clinic does not serve any food or drink. If you wish to have a snack/bottle of water, please bring it with you.
- Please refrain from bringing your own pillow or blanket. They will be supplied.

When you arrive

- Plenty of free parking is available at the sleep clinic. When you arrive, please locate the “North York Sleep & Diagnostic Centre” night entrance (door faces Finch Ave.) and ring the buzzer to notify the technologist of your arrival. Technologists arrive by 8:00 pm.
- You must remain in your assigned room or in the common waiting area. Any request to leave the premises, for

whatever reason, must be documented and you must be escorted by a technologist.

Useful Information about sleep studies

The overnight sleep study is frequently used by sleep physicians to evaluate the quality of patients' sleep. This laboratory test is extremely valuable for the diagnosis of many disorders, including breathing, sleep, neurological, and movement disorders. The overnight sleep studies (also called polysomnography) are ordered by physicians and are performed in sleep laboratories specifically designed to carry out these tests. Sleep studies are generally easy to tolerate, comfortable for patients, and give the sleep physician all the information they need to accurately diagnose and treat various types of sleep disorders.

On the night of your sleep study

Patients should arrive at the sleep clinic at 8:30 pm on the appointed date. At the sleep clinic, patients meet with a specially-trained sleep technologist who explains the procedure and monitors the patient throughout the study. Patients are assigned a room where s/he completes questionnaires and prepares for sleep (wash face, brush teeth, change into sleep clothes, etc.).

For studying the quality of sleep, electrodes are applied to the scalp, sides of the head and under the chin, chest and leg. This allows for the measurement of the brain waves, heart rate, and eye movements. A sensor is placed by the nose and mouth for measurement of airflow. A clip is placed on a finger for measurement of blood oxygen levels. Other measurements may also be done as required. The electrodes are connected to a box beside the bed for relaying the signals to a control room. In addition, all patients are video recorded while asleep and are monitored by the technologists from the control room. To make the patient's sleep as comfortable as possible, no needles or medications are used during the study. Although the sleep study should not bring any discomfort, patients may call the technologist, if there are any problems or concerns, simply by pressing the intercom button next to the bed.



The next morning

The sleep study normally ends at 5:30-6:00 am when patients are awakened by the technologist. Patients are requested to arrange their pick up ride by 6:30am as Sleep Lab will close at 6:45am. If necessary, patients may request to leave earlier but must notify the technologist of this when they arrive. A *minimum of six hours of collection* is required for a proper sleep study and to ensure accurate results. Because sticky paste is used to attach electrodes to the head for the sleep study, patients will likely have to take a shower before leaving the sleep clinic.

Sleep study results and follow-up care

Once the sleep study is completed, it is processed by a scoring technologist and sent to a doctor specializing in sleep for further interpretation. This entire process takes 1-2 weeks. The results of the sleep study are sent to a patient's referring doctor. Patients may request to forward a copy of these results to other doctors who might be following them by notifying the sleep clinic at the time of booking. If requested by the referring physician, consultation with the sleep specialist is arranged. This may take an additional 2-3 weeks. An earlier appointment may be arranged depending on the severity of a patient's condition. The general purpose of the follow-up consultation is for the patient to meet the sleep specialist. The sleep specialist will explain the results of the sleep study and offer treatment options, if necessary. It is recommended that the patient sees the sleep specialist on a yearly basis or earlier, if concerns arise or the patient's health changes.

CPAP Titration Sleep study

At a later date, an additional sleep study may be performed for patients who are diagnosed with sleep disordered breathing (e.g. Sleep Apnea). This sleep study is called a CPAP (Continuous Positive Airway Pressure) Titration. Although the procedure for a CPAP Titration sleep study is very similar to the diagnostic study, a mask is fit around the nose and/or mouth. The mask is used to provide air or oxygen to the patient during sleep. The purpose of the CPAP Titration sleep study is to find the optimal pressure level that holds the airway open and lets the patient get a good night's sleep.

Directions

We are located at the intersection of Finch Ave. and Champagne Dr. (South West Corner). **Daytime** access is via the main building entrance facing Champagne. **Nighttime** access is via a dedicated door facing Finch Ave. (Sign posted).



Night Entrance Door Image:





Champagne Centre
2 Champagne Drive, Toronto, Ontario,

