



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

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.

Location: AmeriSleep Diagnostics

Mission Valley

**10981 San Diego Mission Rd Suite 120
San Diego, CA 92108
619 810-1451**

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

<https://maps.app.goo.gl/jt8kwK6A9JtSn52m6>

What to bring on the day of your study:

- -Please bring Insurance card
- -Picture ID (**MANDATORY OR YOU WILL BE SENT HOME**)
- -List of Medications
- -Pajamas
- -Extra Blanket
- -Slippers

***Diagnostic
In-Lab
Services:***

Polysomnography (PSG)

*Continuous
Positive Airway
Pressure
(CPAP)
Titration Test*

*Bi-Level
Positive Airway
Pressure
(Bi-PAP)
Titration Test*

*Adaptive Servo
Ventilation
(ASV) Test*

*Split-Night
(PSG and
CPAP) Study*

*Multiple Sleep
Latency Test
(MSLT)*

Parking Information:

*****PARKING IS FREE PLEASE PARK CLOSE TO THE NORTH ENTRANCE
FACING KAISER MEDICAL OFFICES. ENTER ON THE NORTH DOORS
ONLY*****

What you need to know before your appointment:

- Your hair should be clean and free of all styling products, including hairspray or oils.
- **Please Note: We won't be able to perform the sleep study on Braided hairstyle.**
- 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. Bottled 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.

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.
- 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.
- **FOR MSLT STUDIES ONLY:**
If you are scheduled for a special day study called an MSLT only then bring your own breakfast and lunch.

What you should bring with you:

- **Driver's License / PIC I.D.**
- **Insurance Card (MANDATORY)**

- AM/PM Medication

- **Medication List**

(REMINDER IF YOU TAKE MEDICATION FOR SLEEPING PLEASE LET AMERISLEEP STAFF KNOW AHEAD OF TIME OF YOUR APPOINTMENT DATE)

- Small Overnight Bag
- Reading Materials and/or Glasses
- Two Piece Pajamas or Comfortable Sleeping Clothes
- Toothbrush/Toothpaste/Mouthwash
- Personal Hygiene Products
- Slippers (If you choose)
- Robe
- **Any Co-Pay Amounts Is Due at the time of Scheduling** 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)

Items and services available to you:

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

Items available upon request:

- Portable Fan or Heater

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