

Virginia Mason Sleep Disorders Center
 925 Seneca Street, Hospital-Central Pavilion, Level 10
 Seattle WA 98101
 Main Office: (206) 625-7180
 Fax: (206) 341-0447



Overnight Test	Day Only Test (Walk-in)	Follow-up Appointment
<p>For overnight tests, please arrive at the Sleep Center on Hospital-Central Pavilion, Level 10. If there is no one at the front desk, ring the green buzzer on the far wall next to the "Sleep Lab" sign and someone will be out to assist you.</p> <p>Time:</p> <p>Day:</p> <p>Date:</p> <p>A \$300 fee will apply if this test is canceled without 48 hours notice or if there is a "no-show" for the scheduled test.</p>	<p>For day only (walk-in) tests, please check-in at the admitting desk in the ER, Jones Pavilion, Level 7, before arriving at the Sleep Center on Hospital-Central Pavilion, Level 10.</p> <p>Time:</p> <p>Day:</p> <p>Date:</p>	<p>A follow-up appointment to go over your test results with your provider has been scheduled for:</p> <p>Clinic:</p> <p>Time:</p> <p>Day:</p> <p>Date:</p> <p>A \$75 fee will apply if this appointment is canceled without 48 hours notice or if there is a "no-show" for the scheduled test.</p>

Are you staying for another study (MSLT or MWT) the following day? YES / NO **(if yes, please see attached instructions)**

Are you here for a test to recalibrate your CPAP? (retitration study) YES / NO **(if yes, please bring your CPAP machine and mask with you)**

- ✓ Please have your dinner before arriving. There are no specific foods or drink restrictions but please limit caffeine late in the day of your test. If you need a snack with medication, please bring it with you.
- ✓ Pack an overnight bag with comfortable sleep clothes and your toiletries or shaving kit. You will have a private room with a bathroom. Your room looks similar to a hotel room and has a TV and DVD player. Towels are provided. **We encourage you to bring whatever items you need to get ready in the morning.**
- ✓ You are welcome to **bring your own pillow for sleeping**, if you wish. Remember to take everything with you when you leave. All items left in the Sleep Lab are turned over to lost and found daily.
- ✓ **Bring any medications you need to take** during the time you will be with us. This includes sleep medication that you may take, even occasionally. We have a refrigerator if needed. Please tell your Sleep tech about any medication you take while here.
- ✓ Please remove nail polish from one of your index fingers. You will have wires taped and glued (washable) to your body, including your scalp. This is not painful, but your hair will be in disarray.
- ✓ If you are the parent or guardian of a patient under 18 years old, you must **accompany the minor patient through the admitting process**. If the minor patient (please discuss with your provider) will stay by themselves you can leave after they have been admitted.

Parking at Virginia Mason Seattle

Parking in a Virginia Mason garage is \$7 for sleep test patients. You will receive a parking coupon before you leave. That coupon and your wristband will guarantee the sleep test parking rate. Do not pre-pay for parking, pay when exiting the garage.

- After hours and on weekends you can enter the Hospital through the Lindeman garage 24 hours a day.
- The Lindeman and Buck Pavilion front doors automatically lock for entry at 6pm.
- The main Hospital entrance automatically locks at 9 p.m.
- Entry is available 24 hours a day through the Emergency Department.
- The Ninth Avenue Garage does not provide elevator or direct access to the Hospital

If you would like an escort or need assistance with transportation (wheelchair) from your parking area, call the hospital operator at (206) 624-1144.

Find more information about parking at Virginia Mason Seattle:

<http://www.VirginiaMason.org/seattleparking>