

WEST OTTAWA SLEEP CENTRE

IMPORTANT INFORMATION

ABOUT YOUR SCHEDULED SLEEP STUDY AT WEST OTTAWA SLEEP CENTRE

If there is any medical and/or allergy information we should know about you prior to your sleep study, please let us know. We are not a medical facility nor are we located within a hospital so nurses are not available.

Cancellation Policy for WOSC – we require 48 hours notice prior to your scheduled sleep study if you need to cancel or change the appointment. If you do not reach staff directly, please leave a message with date & time of call, as well as the appt date & time your call is in regards to.

*****Please call before noon AT THE LATEST if you are having a sleep study on the weekend that you are trying to cancel or reschedule. If too short of notice is given, you may still be charged a no show fee.*****

A No show Fee of \$250.00 will apply if you do not follow the cancellation policy.

The WOSC Sleep Lab is located at 770 Broadview Avenue, Suite Basement 1

Driving directions: East or West -**From the 417** (Queensway) take the Maitland exit and go North on Maitland Ave. Turn right onto Carling Ave. and Broadview is the first set of lights and you turn left onto Broadview.

Parking is \$2.00 until 7:00 a.m. (cash OR credit card ONLY, NO DEBIT) and your appointment will be completed prior to that time. Leaving the parking lot any later than 7am will cost additional fees.

The entrance to the building is on the west side (parking lot side). The doors will be locked but you will see a key pad. Enter “#0002” (you will need to press the # sign first, prior to entering the 0002) and the Lab Staff will answer **The Sleep staff shift BEGINS at 830pm. There will be no one in the lab prior to that time.** – Please state your name clearly and you will be buzzed into the building. Take the elevator to the basement and then the hallway to your right. The Sleep Lab is on the left side of the hallway.

Things to bring with you:

Health Card (OHIP) as the staff will need to validate your number.

A list of your current medications and make sure that you take your medications prior to the appointment.

Modest attire for sleeping – you are in an individual room, however, the washroom is for general use by patients and staff. We also suggest you bring slippers or sandals to wear.

A bottle of water. Food is NOT permitted

A book or magazine

Please Note:

No coffee after Noon and try not to nap

There are no showers at the Sleep Lab Clinic

We do not have wireless or wired internet connections

Wake up time will be between 6:00 and 6:30 a.m. If you need to be awake prior to that time please advise the Night staff as to the required wake up time.

Due to the high volume of patients seen at WOSC we do not allow patients to bring pillows, heating pads, blankets or excess baggage to the sleep study. You will be asked to take these items back to your car.

If you have any further questions please feel free to call the Sleep Lab at 613-722-9900 opt 2