

## Sonoran Sleep Center

5620 W Thunderbird Rd, Suite B3 Glendale, AZ 85306 602.206.6262 | sonoransleep.com

# **IMPORTANT SLEEP STUDY INFORMATION**

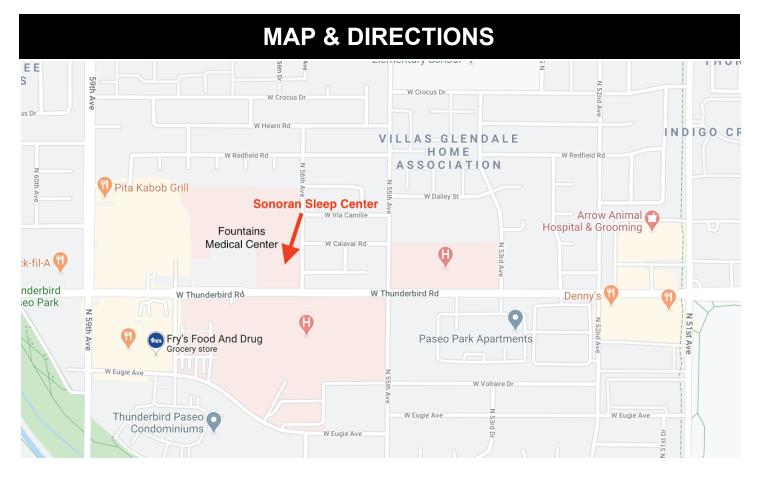
# There will be a \$350.00 fee for cancellations or changes made within <u>48</u> <u>hours</u> of a scheduled sleep study which is <u>NOT payable by insurance</u>.

- Copay/Coinsurance/Deductibles are due at the time of check in.
- Arrive at your scheduled time. If the technician needs to be reached the night of your study, please call 602.206.6262 ext 103. You can dial the extension at any time during the recording.
- Shower and arrive to the office with dry hair. Please do not use hair sprays, cream rinses, or conditioners. Do not apply makeup, face or body lotions, as they may interfere with the sensors.
- Please bring any medications that you may need to take with you during your stay. Take all of your regular prescribed medications, unless otherwise instructed by your physician.
- No substances other than prescribed medications are allowed the night of your study.
- Do not drink caffeinated beverages after 12 PM the day of your sleep study
- Do **NOT** take naps the day of your sleep study.
- Wear 2 piece pajamas: shorts with t-shirt or pants and t-shirt. Please avoid one piece garments such as nightgowns or one piece sleepwear. Avoid clothing that is made of satin, nylon, or silk because the electrode gel/paste could damage them.
- Bring any personal hygiene item needed for your stay such as toothbrush or face wash.
- Wake up time is usually between 5:00-5:30am. If you need to leave earlier due to work or prior commitments, please let your sleep technician know when you arrive.
- No alcohol, smoking or vaping, firearms or federally banned substances, are allowed on premises.



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## From North Phoenix/Scottsdale

Take Loop 101 West EXIT 20, Left on North 51st Ave Right on West Thunderbird Rd Right on North 56th Ave Left into Fountains Medical Center Park near building B 5620 W. Thunderbird Rd, Suite B3

#### From Downtown/Chandler/Gilbert/Mesa

Take I-10 West Take Exit 143A-143B to merge onto I-17 North EXIT 210, Left on West Thunderbird Rd Right on North 56th Ave Left into Fountains Medical Center Park near building B 5620 W. Thunderbird Rd, Suite B3

### From Goodyear/Buckeye

Take I-10 East to EXIT 133B, Loop 101 North Right on West Thunderbird Rd Left on North 56th Ave Left into Fountains Medical Center Park near building B 5620 W. Thunderbird Rd, Suite B3

#### From Sun City/Surprise

Take Bell Rd East Turn Right on 75th Ave Turn Left on West Thunderbird Rd Left on North 56th Ave Left into Fountains Medical Center Park near building B 5620 W. Thunderbird Rd, Suite B3