



Sonoran Sleep Center

5620 W Thunderbird Rd, Suite B3

Glendale, AZ 85306

602.206.6262 | sonoransleep.com

NAP STUDY INFORMATION

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

- **Copay/Coinsurance/Deductibles are due at the time of check in.**
- Please arrive at the scheduled time of **your overnight sleep test**. The Multiple Sleep Latency Test (MSLT) nap test will be done **the following day**.
- The MSLT is a daytime sleep study involving a series of several nap opportunities throughout the day. It is always done with a prior overnight sleep study (night before nap study).
- **Things to bring along:**
 - Loose comfortable daytime clothing for the day of the test
 - **Bring something for Breakfast and Lunch (we have snacks).**
 - Something to do. We have TVs in all our rooms. You can bring: book, laptop, games during the waiting period in between naps.
- **The test takes all day. Plan to be at the sleep clinic until 4-5 PM.**
- In case someone needs to reach the sleep technician the number is: **602.206.6262 ext 103**. You can dial the extension at any time during the recording.
- Shower and arrive to study 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. **Do not take any medications that cause drowsiness prior to your arrival to the office.**
- No substances other than prescribed medications are allowed the night of your study.
- Please do not consume beverages or food containing **caffeine after 12pm on the day of the sleep study.**
- Try to get a full night of sleep the night before your study. Please do **NOT** take naps the day of your sleep study.
- Bring your sleep log (two week sleep diary) to your test. You will be giving this to your sleep tech during the overnight sleep test.
- No alcohol, smoking or vaping, firearms or federally banned substances, are allowed on premises.



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MAP & DIRECTIONS



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



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Sleep Diary

Patient's Name: _____ DOB: _____ Today's Date: _____

Instructions: Shade in the boxes when you were asleep. Use ↓ to mark when you went to bed. Use ↑ to mark time that you got out of bed in the morning. In the comments, indicate any medications given (including dose) and time.

Date	Day	Work(w) Vacation(v) School (s) Off (o)	NOON	1 PM	2 PM	3 PM	4 PM	5 PM	6 PM	7 PM	8 PM	9 PM	10 PM	11 PM	MIDNIGHT	1 AM	2 AM	3 AM	4 AM	5 AM	6 AM	7 AM	8 AM	9 AM	10 AM	11 AM	Comments



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