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# Tranq Sleep Care (West Kootenay BC Region)

Dr. Wayne W. Lai Inc. (MSP# 64654)

1521 Columbia Avenue Castlegar, BC V1N 1J1

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Tel: 778-460-0066

Fax: 778-460-0036

Website: [www.tranqsleep.com](http://www.tranqsleep.com)

E-mail: [castlegar@tranqsleep.com](mailto:castlegar@tranqsleep.com)

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## Overnight Sleep Titration Information

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Welcome to the Castlegar Sleep Center. Due to the COVID-19 pandemic, we have altered our information package to ensure patient and staff safety. Please read through this information package before your appointment contact us with any questions or concerns.

### Important Information

- Please contact us by phone, **778-460-0066** (leave a message) and by e-mail at [castlegar@tranqsleep.com](mailto:castlegar@tranqsleep.com) with any questions or concerns.
- Due to limited available appointments and to be able to provide timely treatment for all patients, we are enforcing our 48-hour cancellation policy. ***If an appointment is cancelled with less than 48 hours' notice, or you are a "no show", there will be a charge of \$200.00.***
- Exceptions for emergencies will be made on case by case basis, but you must contact us by phone, fax or e-mail prior to your appointment date with as much notice as possible and the reason for the cancellation.
- On the day prior to your appointment, please take the BC COVID-19 self-assessment test: <https://bc.thrive.health/covid19/en> . Our sleep technologist will do another assessment when you arrive at your appointment time.
- **If you are feeling unwell due to a respiratory infection, common cold, stomach flu or any other illness that may affect your comfort and safety and also the comfort and safety of our staff, please contact us as soon as possible to cancel your overnight sleep appointment and we will rebook you when you are feeling well.**
- You will leave the sleep lab by approximately 5:30 to 6:30 am the next morning.
- **Come alone to your appointment.** If you are a person in need of assistance, please let us know in advance. We might need to re-schedule you. Absolutely no children are allowed inside the clinic.
- We ask that you come in wearing a mask. Please keep your mask on until instructed by the Sleep Technologist to remove it.
- Bring your CPAP mask and headgear (if you have them), but DO NOT bring your CPAP machine if you have one.

- Please bring your prescribed bedtime medications with you to take if you have any. Also bring any other over the counter medications, vitamins or supplements you may need during the night, such as nitro spray, inhalers, Advil, Tylenol etc, as we cannot provide them for you.
- If you require a snack or juice (diabetic's), please bring these with you as we cannot provide them for you.
- **PLEASE NOTE WE DO NOT HAVE WI-FI AVAILABLE AT THE SLEEP LAB DUE TO COMPUTER SECURITY.**

### **Arrival Instructions**

Please arrive **AT** your designated time, not early. Only enter the sleep lab at your scheduled time (if you are early, please wait at your car outside). Please do not be late.

There is free parking available. The doors in the back and the front of the building will not be open until 7:45PM, the night of your study.

### **Bedtime Instructions (DO's and DON'Ts)**

Please make sure most of your bedtime routine is done before you arrive at the sleep lab such as:

- Wash your face and remove all make-up prior to arrival.
- Gentlemen, please ensure you shave or trim your facial hair to ensure the mask fits properly. Also, shave or trim your chest hair for easy removal of sticky EKG leads.
- Gentlemen, please ensure you wear a PJ top, T-shirt or tank top to prevent chafing from the chest straps.
- If you wear acrylic/gel nail polish, please remove it completely from either your pointer or middle finger on one hand to ensure accurate readings from the oximetry probe otherwise we will have to cancel your sleep study. Please contact us as soon as possible if this is a problem for you.
- Shower before coming to the sleep lab.
- Wash your hair before coming to the sleep lab. It must be clean with no hair products such as hairspray or gel.
- Brush your teeth and do other bedtime mouthcare.
- Bring pajamas or other comfortable sleep wear, house coat, slippers, ear plugs, toiletries, etc.
- Due to the COVID-19 pandemic, we will not allow patients to bring their own pillow/s.
- Tablet, cell phone, a book, or magazine or other material are also NOT allowed inside.

**Please DO NOT do the following:**

**DO NOT** take any naps during the day of your sleep study.

**DO NOT** have any alcohol during the day of your sleep study unless permitted by the Physician.

**DO NOT** have any caffeine (coffee, tea, or cola's) after 12:00 pm (noon) the day of your sleep study.

**DO NOT** take any sleep medication before you come for your sleep study unless instructed by the Physician. If you require sleep medication, please bring your sleep medication with you, in its original bottle, for the sleep technician to review with you before you take it as some sleep medications may interfere with your sleep study.