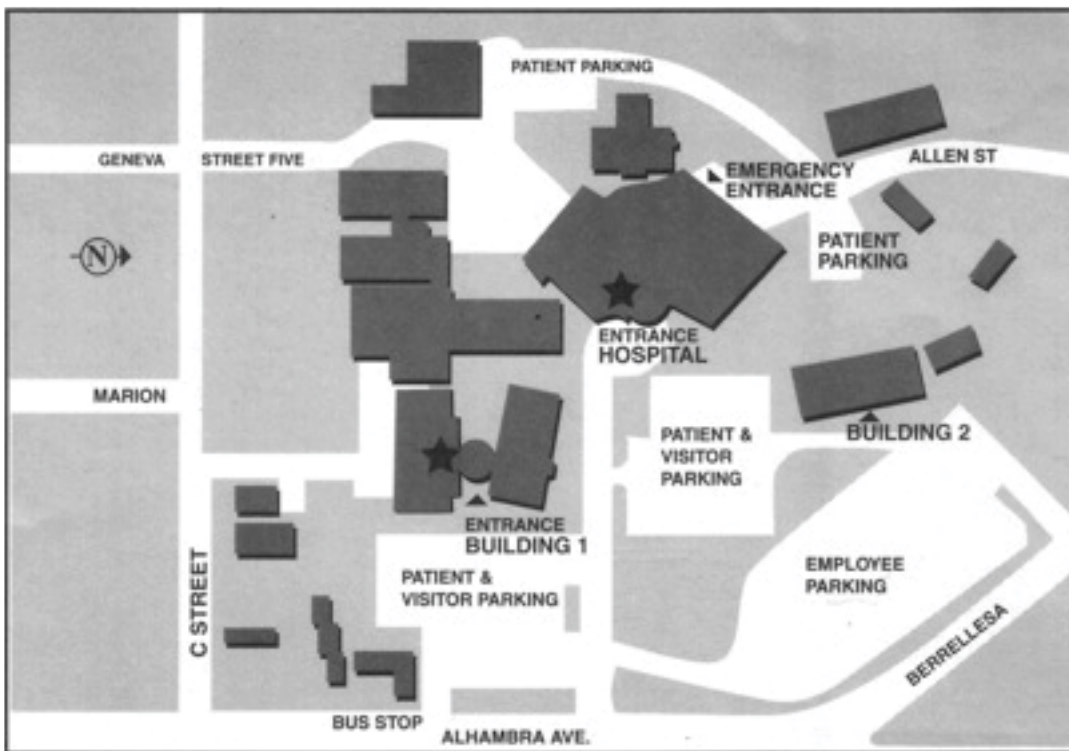


INSTRUCTIONS FOR HOME SLEEP STUDIES

Sleep studies are used to determine if you have sleep apnea (stop breathing while you sleep).

- This appointment will to teach you how to use the monitoring equipment in your home that night.
- **The monitor must be returned before 10 AM the next day.**
- If you cannot return it the next day, please call 925-370-5260 prior to your appointment to reschedule.



CONTRA COSTA REGIONAL MEDICAL CENTER Cardiopulmonary Services

2500 Alhambra Ave., Martinez, CA 94553 925-370-5260
8:00 AM to 5:00 PM, Monday through Friday. Closed noon to 1:00 PM

★ REGISTRATION INFORMATION

Registration for Sleep Studies is done in Building 1, Martinez Health Center

- Please register 15 minutes early on the day of your test.
- Please allow at least 30 to 40 minutes for parking and registration.
- Please bring your signed physician request for the test.