



WESTERN SLEEP CENTER

FAWAZ FAISAL, M.D.

A MEDICAL CORPORATION

Diplomate, American Board of Psychiatry & Neurology

Diplomate, American Board of Clinical Neurophysiology

Diplomate, American Board of Sleep Medicine

Assistant Clinical Professor, UCLA

Patient Name:

Appointment Date:

Appointment Time:

Special Instruction on the Day of Your Test

1. **A void any caffeine or alcohol the day of the study.**
2. **No hair gels or hairspray, also no make up, since we'll be attaching electrodes to the head and face. Also no nail polish.**
3. **Bring sleepwear and, if you prefer, your favorite pillow and a bedtime reading material.**
4. **Do not take any naps.**
5. **Try to maintain your regular daytime routine.**
6. This is an overnight study, and usually ends between 5:30am and 6:00 am the next day.
7. Transportation in a.m. is recommended for patients that are not used to waking up at this time.

What to bring:

1. **Please complete the questionnaire and bring it with you when you come to the sleep lab, also, please bring your insurance card(s).**
2. ***All copays or deductible amounts are due at the time of service. For your convenience, we accept American Express, Visa, Master Card, Checks or Cash.***
3. **Bring your own toiletries, pajamas, or very simple sleepwear (T-shirt and shorts).**
4. **If you take maintenance medicine, you must bring your own medication with you. This is an outpatient test so you will have to administer our medication yourself (including insulin).**
5. **We provide paper towels; but if you prefer you can bring our own.**
6. **Feel free to bring your own bottled water and a snack.**
7. **If you take a sleeping pill than please bring this with you and the technician will decide on the best time to take it.**

As a private room has been reserved in your name and a sleep technologist assigned to your case, it is extremely important that you keep your appointment. If you are unable to keep the appointment for any reason, please call (818) 845-2255 during business hours at least 2 week days before your appointment to avoid a \$200 cancellation fee.