



Sleep Lab Testing Instructions & FAQ's

Sleep Test Date & Time

Parking is available under our building located at

801 Mission St SE Salem, Or 97303

Enter through the downstairs door and take either the elevator or stairs to the central lobby on the first floor. The doors on Mission St are locked at night.

Check in with our Sleep Lab which is located in the center office. It will be the only office with lights on and the door open.

Prior to your Sleep Study

1. Please arrive on time for your sleep testing. We stagger our patient's arrival so we can complete patient procedures prior to the arrival of additional patients.
2. Please wash your hair and scalp thoroughly, in addition please shave and remove makeup prior to testing.
3. Please bring comfortable pajamas or sleep clothing.
4. ***Please bring any medications and sleep aids that will need to be taken during your testing.***
5. We provide pillows and blankets, but feel free to bring your own pillow or blanket if you would feel more comfortable with your own.
6. Feel free to bring a snack or beverage with you; we do not provide these items but we do have a refrigerator on site for such things.
7. Please alert your night-time technician to any of the following:
 - a. A preferred wake up time.
 - b. A need for medication refrigeration.
 - c. A need for telephone use, or technician contacting someone for you.
8. Please call our sleep lab with any question you might have at **(503)364-1307**.



Frequently Asked Questions

Q: Is there a shower facility in the sleep lab?

A: Yes, we have one shower available in the Sleep Lab, we encourage our patients to allow for enough time to shower at home following testing, but you may shower at the Sleep lab.

Q: Is breakfast provided following testing?

A: We do not serve any type of breakfast meal following sleep testing, but we do have a refrigerator on site for patient use.

Q: Does the sleep lab provide or administer medications?

A: No. The staff at the sleep lab will NOT provide or administer any type of medication.

Q: What time will I be free to leave the test facility?

A: Please let your technician know if you need to leave the testing facility at a certain time; otherwise wake up time is at 6am.

Q: Will I leave the sleep testing facility with a CPAP device?

A: No, your physician needs to review your sleep study prior to any home use of CPAP.

Q: Is there a designated smoking area?

A: No, Due to the alarm system and patient sensitivities during your time here we ask that you don't smoke. If you need a nicotine patch, your physician can write a prescription for you.

Q: Can I bring my partner?

A: Yes, your partner is welcome to come with you, but when your test starts, they're asked to leave.

Q: Can I call if I am late or if I need to ask a question?

A: Yes, please feel free to call our sleep center directly and ask any question you might have at

(503) 364-1307