



## Common Wealth Sleep Center

2200 Opitz Blvd, 335 Woodbridge, VA 22191  
4660 Kenmore Ave, Suite 900, Alexandria, VA 22302  
7001 Heritage Village Plaza, 120 Gainesville, VA 20155

Phone: 571-261-9877 | Fax: 571-248-0583

CONTACT US | [www.commonwealthsleepcenter.com](http://www.commonwealthsleepcenter.com)



### SLEEP STUDY INSTRUCTIONS

#### What to bring:

- Photo ID (Driver's license)
- Insurance Card (s)
- Bed clothes. Bring something comfortable to sleep in, including a bathrobe and slippers. Keep in mind that both male and female technicians may monitor your sleep study.
- Toiletries. Bring whatever you need to spend night away from home (tooth brush, tooth paste, soap, etc.).
- All your medications.

#### Before your study:

- Do not take any naps the day of your sleep study if possible.
- Do not consume any alcohol or caffeine after 12pm (noon) the day of your sleep study.
- Take a shower prior to arriving for your sleep study and do not apply any hair care products (hair gel, hair spray, oils).
- Do not wear make-up or use heavy creams on your face the night of the study.

#### What to expect:

- The sleep study is a combination of several diagnostics tests all recorded simultaneously during sleep.
- Brain wave activity (EEG) will be recorded by attaching electrodes with adhesives and paste around the head.
- Additional sensors are placed on your chest, legs, finger and below your nose.
- All sensors are painless and will still allow you to sleep in any position you want.
- You will also be able to move around and get out of bed with the sensors (i.e. – to use the bathroom).
- The sleep technician will greet you once you arrive and will be able to answer any questions or concerns you have with the procedure.





## FREQUENTLY ASKED QUESTIONS

### »» What is a sleep study?

A sleep study contains 16 or more different measurements used for monitoring your sleep patterns. These measurements are primarily EEG (brain wave activity) and respiratory (breathing). The study will record for 6 or more hours while you sleep. Your sleep technician will greet you when you arrive and will explain the procedure as he/she is applying the necessary measurement sensors. The procedure for applying the sensors will usually take between 30 minutes to 50 minutes.

### »» What are the sensors used for the sleep study?

The measurements are:

- EEGs - 6 sensors placed in your scalp area held in place with a water-soluble paste or adhesive. Your hair is not cut or shaved and the leads are painlessly placed and removed in the morning. These sensors are the main sensors used in determining if you are asleep or awake. If asleep, there are 4 different stages of sleep that are registered and recorded on the computer.
- Eye movements - 2 sensors, one near each eye but not touching your eyes in any way. Each sensor is applied with an adhesive. Eye movements are also used in determining the different stages of sleep.
- Muscle activity - 2 or 3 sensors applied on your chin or jaw line. These sensors are also applied with an adhesive and are used in determining the different stages of sleep.
- ECG - 2 sensors placed near the left and right shoulder/chest area. These sensors are applied with adhesives and measure your heart's activity during the study.
- Leg movements - 4 sensors, two sensors each placed on the left and right leg around your calf/shin area applied with adhesives. These sensors measure leg movement activity during your sleep.
- Breathing - 2 sensors placed under the nose and above your upper lip used to determine your breathing patterns during the study. One sensor is a soft plastic wire sensor w/ prongs just under each nostril and over your mouth. This sensor acts as a thermometer recording air you breathe in (cold air) and air you breathe out (warm air) and is recorded as a waveform.
- Oximeter - a sensor placed on your finger used to record the oxygen level in your blood. This sensor is placed with adhesive and a low illuminating red light is used to read the level of oxygen.
- Breathing effort - Two belts placed one around your chest and one around your stomach used to determine your breathing effort by stretching and contracting as you breathe in and out during your sleep study.





## FREQUENTLY ASKED QUESTIONS (con'd)

### »» Will you give me any medication to help me sleep?

No. This might change your sleep patterns and prevent us from identifying the source of your sleep problem. However, you may take whatever medication you usually take before bedtime. Be sure to inform the technician running your sleep study of what medications you are taking.

### »» What happens if I need to go to the bathroom in the middle of the night?

All sensors are attached to a central box which you will be able to carry with you once detached from the main computer cable. This is a very simple process and can be done in a few seconds to allow you mobility to use the restroom whenever needed.

### »» Will anyone else be in the sleep laboratory while I am there?

A technician will greet you once you arrive at the sleep lab and show you to your room. A member of our technical staff will be present and available to you during your entire night at the sleep lab as well as possibly other patients who will also be at the lab for sleep testing purposes.

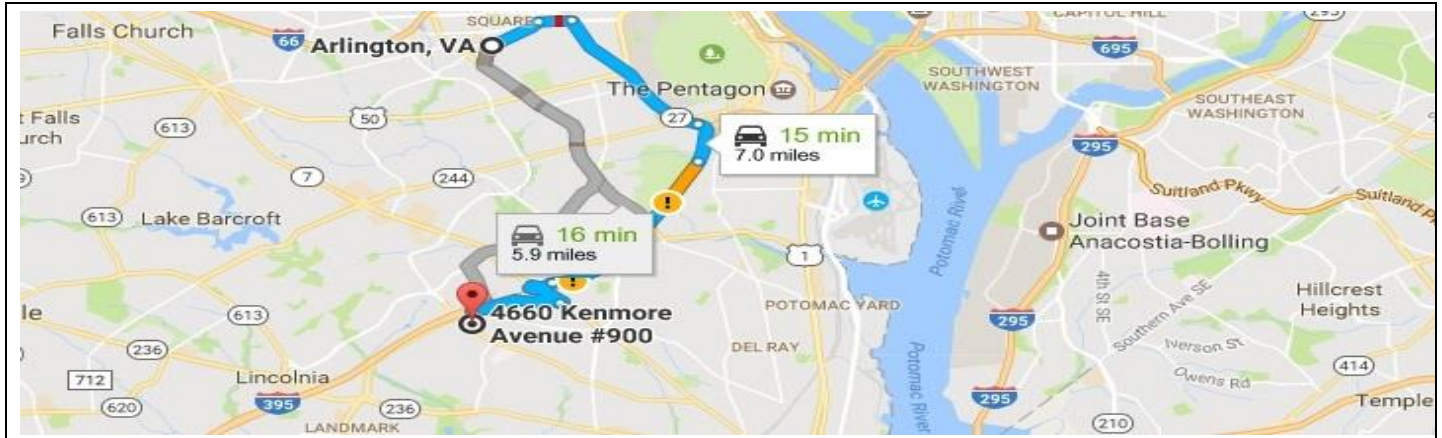
### »» When can I leave?

Usually the sleep study will end between 05:00 AM and 07:00 AM. Removal of the sensors usually takes just a few minutes and once done, you may leave at any time thereafter. There will also be a short morning questionnaire. If you need to be up earlier, please notify the technician.



## Google Maps & Directions for CSC, Alexandria Medical Center

**4660 Kenmore Ave, Suite 900, Alexandria, VA 22302**



### FROM ARLINGTON, VEINNA or FAIRFAX

### FROM Interstate 495

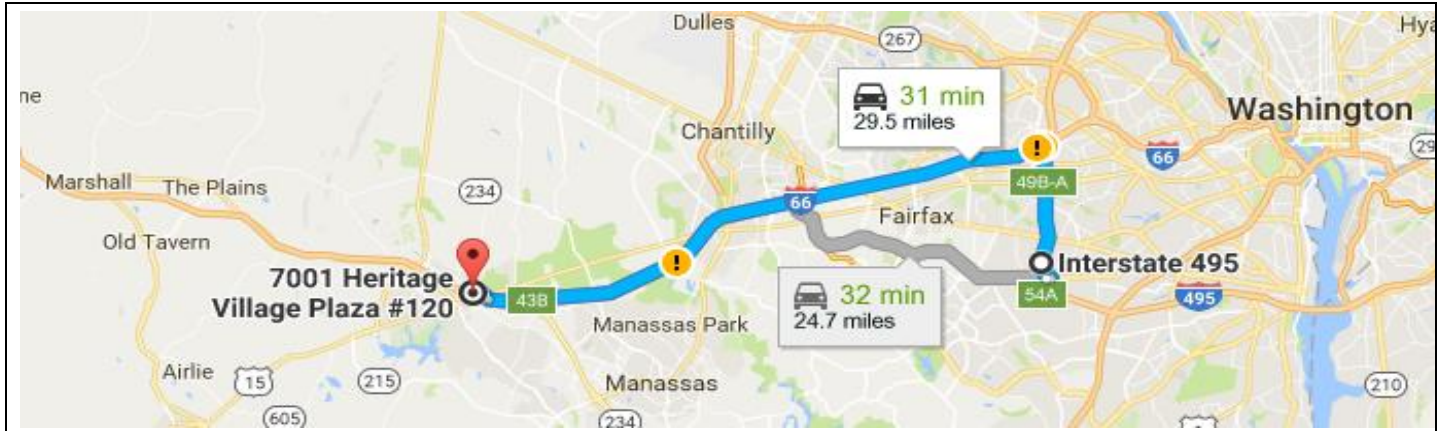
Go to Leesburg Pike/VA-7 E. Continue to follow VA-7 E. towards Old Town Alexandria  
 1. Turn slight right onto N Beauregard St.  
 left Seminary Rd  
  
 0.5 mi Turn left onto Library Ln  
 164 ft Turn left  
 Destination will be on the left o

Go onto I-395 S  
 Take exit 57B for Interstate 395 N toward Washington  
 0.9 mi Merge onto I-395 N  
 3.6 mi 16. Take exit 4 for Seminary Rd  
 164 ft Turn left  
 Destination will be on the left



# Google Maps & Directions for CSC, Gainesville Medical Center

**7001 Heritage Village Plaza, 120 Gainesville, VA 20155**



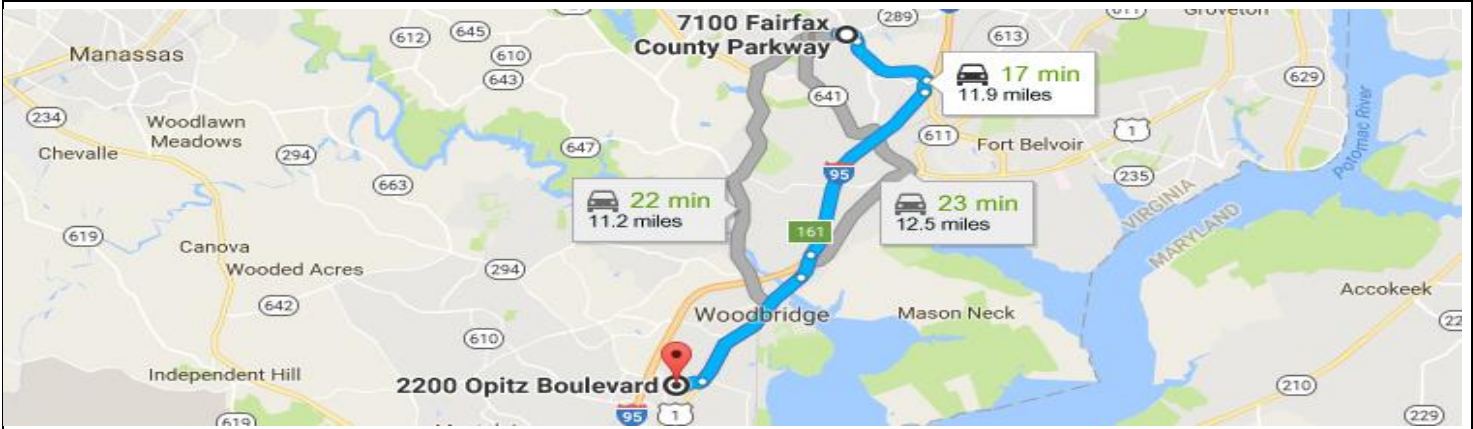
From I-495	From 66	From Warrenton
<p>1.Take exit #49/MANASSAS/FRONT ROYAL onto I-66 W - go 21.5 mi</p> <p>2.Take exit #43B/US-29 N - go 0.2 mi</p> <p>3.Stay on your left lane and go straight on HEATHCOTE BLVD - go 0.5 mi</p> <p>4.Turn left on to the next traffic light HERITAGE HUNT BLVD in to HERITAGE VILLAGE PLZ</p> <p>5.Turn immediately left at 7001 HERITAGE VILLAGE PLZ, GAINESVILLE</p> <p>We are in a pleasant office building with an exterior entrance to the office and easy parking lot suite 120 or next to GHeye.</p>	<p>1.Take exit #43B/US-29 N – go 0.2 mi</p> <p>2. Stay on your left lane and it will reach to HEATHCOTE BLVD- go 0.5 mi</p> <p>3.Turn left on to the next traffic light HERITAGE HUNT BLVD in to HERITAGE VILLAGE PLZ</p> <p>Turn immediately left at 7001 HERITAGE VILLAGE PLZ,GAINESVILLE</p> <p>We are in a pleasant office building with an exterior entrance to the office and easy parking lot suite 120 or next to GHeye.</p>	<p>1.Take 29 N and cross Linton Hall Road and go under the bridge of I-66</p> <p>2.Make a left on HEATHCOTE BLVD- go 0.5 mi</p> <p>3.Turn left on to the next traffic light HERITAGE HUNT BLVD in to HERITAGE VILLAGE PLZ</p> <p>4.Turn immediately left at 7001 HERITAGE VILLAGE PLZ,GAINESVILLE</p> <p>We are in a pleasant office building with an exterior entrance to the office and easy parking lot suite 120 or next to GHeye.</p>





# Google Maps & Directions for CSC, Woodbridge Medical Center

**2200 Opitz Blvd, 335 Woodbridge, VA 22191**



From I-95 S	From Fairfax County Pkwy E/VA 7100-E	From Dumfries
<ol style="list-style-type: none"> <li>1. Take exit #161 on left to merge onto US-1 Toward Woodbridge- go 1.8 mi</li> <li>2. Continue on Jefferson Davis Hwy- go 2.1 mi</li> <li>3. Turn Right at Opitz Blvd.- go 0.5 mi</li> <li>4. Turn into 2200 OPITZ BLVD, 335 WOODBRIDGE, VA</li> </ol>	<ol style="list-style-type: none"> <li>1. Take ramp onto Robert Carter Rd-go 0.1 mi</li> <li>2. Keep Left at the fork to continue toward ROBERT CARTER RD- go 0.1 mi</li> <li>3. Turn left at OX Rd/VA-123 - go 10.4 mi</li> <li>4. Turn Right at Jefferson Davis Hwy/US-1 - go 2.3 mi</li> <li>5. Turn Right onto OPITZ BLVD - go 0.5 mi</li> <li>6. END AT 2200 OPITZ BLVD, 335 WOODBRIDGE, VA</li> </ol>	<ol style="list-style-type: none"> <li>1. Take Fraley Blvd/Jefferson Davis Hwy/US-1 toward Canal Street - go 5.6 mi</li> <li>2. Continue to follow Jefferson Davis Hwy/US-1</li> <li>3. Turn left at Opitz Blvd - go 0.5 mi</li> <li>4. END AT 2200 OPITZ BLVD, 335 WOODBRIDGE, VA</li> </ol> <p>If you have any questions please call at phone # 571-261-9877 or fax at 703-992-9266 or email us.</p>

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