



Sonoran Sleep Center

5620 W Thunderbird Rd, Suite B3

Glendale, AZ 85306

602.206.6262 | sonoransleep.com

IMPORTANT SLEEP STUDY INFORMATION

There will be a \$200 fee for cancellations or changes made within 48 hours of a scheduled sleep study which is NOT payable by insurance.

- **Copay/Coinsurance/Deductibles are due at the time of check in.**
- **Arrive at your scheduled time.** If the technician needs to be reached the night of your study, please call **602.206.6262 ext 103**. You can dial the extension at any time during the recording.
- Shower and arrive to the office with dry hair. Please do not use hair sprays, cream rinses, or conditioners. Do not apply makeup, face or body lotions, as they may interfere with the sensors.
- **Please bring any medications that you may need to take with you during your stay.** Take all of your regular prescribed medications, unless otherwise instructed by your physician.
- No substances other than prescribed medications are allowed the night of your study.
- Do **not drink caffeinated beverages** after 12 PM the day of your sleep study
- Do **NOT** take naps the day of your sleep study.
- Wear 2 piece pajamas: shorts with t-shirt or pants and t-shirt. Please avoid one piece garments such as nightgowns or one piece sleepwear. Avoid clothing that is made of satin, nylon, or silk because the electrode gel/paste could damage them.
- Bring any personal hygiene item needed for your stay such as toothbrush or face wash.
- **Wake up time is usually between 5:00-5:30am.** If you need to leave earlier due to work or prior commitments, please let your sleep technician know when you arrive.
- No alcohol, smoking or vaping, firearms or federally banned substances, are allowed on premises.



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MAP & DIRECTIONS



From North Phoenix/Scottsdale

Take Loop 101 West
EXIT 20, Left on North 51st Ave
Right on West Thunderbird Rd
Right on North 56th Ave
Left into Fountains Medical Center
Park near building B
5620 W. Thunderbird Rd, Suite B3

From Goodyear/Buckeye

Take I-10 East to
EXIT 133B, Loop 101 North
Right on West Thunderbird Rd
Left on North 56th Ave
Left into Fountains Medical Center
Park near building B
5620 W. Thunderbird Rd, Suite B3

From Downtown/Chandler/Gilbert/Mesa

Take I-10 West
Take Exit 143A-143B to merge onto I-17 North
EXIT 210, Left on West Thunderbird Rd
Right on North 56th Ave
Left into Fountains Medical Center
Park near building B
5620 W. Thunderbird Rd, Suite B3

From Sun City/Surprise

Take Bell Rd East
Turn Right on 75th Ave
Turn Left on West Thunderbird Rd
Left on North 56th Ave
Left into Fountains Medical Center
Park near building B
5620 W. Thunderbird Rd, Suite B3