



BLUEWATER SLEEP DISORDER CLINIC

1258 MICHIGAN AVE SARNIA, ON N7S 3Y2
TEL: 519 332 5333 FAX: 519 332 5444

NAME: _____

DATE & TIME OF STUDY: _____

INFORMATION FOR SLEEP STUDY:

- REGISTER BETWEEN 8:45 PM AND 9:00 PM
- BRING HEALTH CARD, LIST OF MEDICATIONS, COMFORTABLE 2 PIECE PAJAMAS OR SHORTS AND T-SHIRT
- BOOK, MAGAZINE, IPAD, OR SOMETHING TO DO WHILE THEY ARE GETTING YOU READY FOR BED.
- SHOWER FACILITIES PROVIDED; PLEASE BRING OWN TOILETRIES
- DONE IN THE MORNING NO LATER THAN 6:45 AM, (**PATIENTS THAT ARE DROPPED OFF MUST BE PICKED UP BY 6:45 AM**)
- PLEASE INFORM THE OFFICE IF YOU HAVE ANY SPECIAL NEEDS (WHEELCHAIR, VISION IMPAIRED, CATHETERS ETC)
- **DUE TO HEALTH REGULATIONS WE CANNOT ALLOW PATIENTS TO BRING ANY BEDDING FROM HOME**
- Please call the office prior to your appointment and let them know if you have any forms to be filled out. The office can let you know if the night staff can sign the forms

We are a 2 floor facility and must know if you cannot climb stairs due to physical limitations, COPD etc. We have 3 beds on the ground floor to accommodate patients with special needs.

Where we are:

From London: 402 West to Modeland Rd North exit. Turn left onto Michigan Ave, continue on Michigan Ave for 6.6 kms (about 10 minutes)

We are on the north side of the road. Free parking in front of building

From Chatham/Wallaceburg Area: Highway 40 North to Modeland Rd (Hwy 40 turns into Modeland Rd north of 402 Hwy) Turn left onto Michigan Ave. About 5-6 km We are on the right (north) side of the road.

In Sarnia: Murphy Rd to Michigan Ave. We are on the north side of the road across from Alexander Mackenzie Secondary School