



MSLT Instructions

MUST CONFIRM APPOINTMENT THE DAY BEFORE BY 5PM. OTHERWISE YOUR APPOINTMENT WILL BE CANCELED.

Parking:

- Parking is available in the parking structure on Genesee. If for some reason the parking structure is not open, please call the sleep lab at **(323) 933-0422** so that the tech can come down and let you in. Please note that we do not validate for the parking garage. The maximum daily charge is \$8.00, cash or check.
- **If you are coming for a sleep study the night before and staying here into the morning for the MSLT, please park across the street in the Olympia Hospital parking lot. Pull into the area with the sign that reads, 'Physician's Parking Only.' *Please make sure you place the enclosed parking notice on your driver's side dash board to avoid getting ticketed or towed.*** The maximum daily charge is \$8.00, cash or check.

Instructions:

- Wake up by 5:00am on the morning of your study. The patient must be awake for 2 hours prior to study time.
- Please be here by 6:00am.
- DO bring things that will keep you awake (laptop, dvd player, book, games, etc).
- DO NOT drink any coffee or alcohol.
- DO NOT eat any chocolate.
- We will provide you lunch in the afternoon, but please feel free to bring snacks in case you get hungry throughout the study.
- It is recommended that you bring breakfast to eat in the morning. We have a little refrigerator that you may use to keep perishable items.
- You will be ready to go home at some time between 2:00pm and 4:30pm.



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**5901 W. Olympic Blvd., Suite 202
Los Angeles, CA 90036**

This car belongs to a patient undergoing an overnight sleep study on _____, followed by a daytime study on _____ across the street at Midway Sleep Lab.

Please do not ticket or tow.

**If you have any questions or need the car moved,
please contact lab at: 323-933-0422.**

Thank you!