Dear __________________,

You have been scheduled for an initial evaluation in the Sleep Disorders Clinic. This letter gives some instructions on where to go and who to call if you have questions or need to make changes to this appointment.

Your appointment is scheduled on:

☐ Monday  ☐ Tuesday  ☐ Wednesday  ☐ Thursday

Date: ________________________________

Time: ________________________am/pm

Please arrive 30 minutes prior to your appointment to allow time for parking and to facilitate the check in process. Please be aware that parking may be difficult to find during peak appointment hours, so please allow extra time for this.

This evaluation allows your provider to obtain relevant medical history, evaluate your sleep history and determine if a sleep study (polysomnogram) is indicated. A family member or anyone familiar with your sleeping habits could provide valuable observations and are encouraged to attend this visit. This appointment will last between 30 and 60 minutes.

Please complete the enclosed questionnaire and bring it with you to your appointment.

Insurance and Registration:
Current OHSU registration is required. Please call ahead and register so an active account exists before your appointment. You can contact Registration (503) 494-8505 or toll-free 1-888-222-6478, extension 8505.

Please bring your insurance card as well as a co-payment, if required by your insurance company.

Clinic Location:
The Sleep Medicine Program is located in the Hatfield Research Building (HRC) on the 13th floor. It can be reached by using elevator "E" which is located next to the Marquam Café. See attached directions on how to get OHSU as well as a campus map.
Important numbers to remember:
If you need to notify us of scheduling changes, or have questions, please call 503-494-6066. Office hours are Monday-Friday, 8:00am-5:00pm.

Thank you
OHSU Sleep Disorders Program

**DRIVING TO MARQUAM HILL**

**From Lake Oswego Area**
Travel north on S.W. Macadam Avenue. Turn left on S.W. Boundary Street just past John's Landing. Proceed one block and turn right on S.W. Corbett Avenue; then left on S.W. Hamilton Street. Turn right on S.W. Barbur Boulevard and continue for approximately 2.5 miles. Make a sharp left turn on S.W. Caruthers Street (second light past the YMCA). Turn left on S.W. 6th Avenue and follow the map below.

Or travel north on S.W. Boones Ferry Road. Turn left on S.W. Terwilliger Boulevard. Turn right on S.W. Barbur Boulevard and continue for approximately 2.5 miles. Make a sharp left turn at the second light onto S.W. Caruthers Street (second light past the YMCA). Turn left at the second light onto S.W. 6th Avenue and follow the map below.

**From the West**
Travel east on Hwy. 26/Sunset Hwy. Stay in the right lane and follow the signs to I-405 (Salem/The Dalles). After passing through the Vista Ridge tunnel, stay to the right as the freeway branches. Take the S.W. 6th Avenue exit. Turn right onto S.W. 6th Avenue and follow the map below.

**From the East**
Travel west on I-84 to the juncture with I-5. Follow I-5 south toward Salem. Cross the Marquam Bridge, merging into one of the two left lanes. Follow the signs to City Center/Beaverton. Take the S.W. 6th Avenue exit. Get in the left lane immediately and turn left on College Street. Turn left on Broadway Avenue and get in the right lane. Bear right onto S.W. 6th Avenue, following signs to OHSU and follow the map below.

**From the South**
Travel north on I-5. Take exit 297 (Terwilliger Boulevard). Turn left at stop light on S.W. Terwilliger Boulevard. Turn right on Barbur Boulevard and continue for approximately 2.5 miles. Make a sharp left turn on S.W. Caruthers Street (second light past the YMCA). Turn left on S.W. 6th Avenue and follow the map below.

**From the Southeast**
Travel north on S.E. McLoughlin Boulevard or west on S.E. Powell Boulevard. Cross the Ross Island Bridge and take the City Center exit. Follow Corbett Avenue, staying in the left lane. This road will turn into S.W. Kelly, S.W. Arthur and S.W. Caruthers streets before ending at S.W. 6th Avenue. Turn left on S.W. 6th Avenue and follow the map below.

**From the North**
Travel south on I-5. Cross the Marquam Bridge, following signs to City Center/Beaverton. Take the S.W. 6th Avenue exit. Get in the left Turn left on S.W. Broadway Avenue and get in the right lane. Bear right onto S.W. 6th Avenue, following the signs to OHSU and follow the map below.

**From the Northwest**
Travel southeast on Hwy. 30 (St. Helens Road) toward City Center, following signs to I-405. Take I-405 south. Take the S.W. 6th Avenue exit. Turn right on S.W. 6th Avenue and follow the map below.