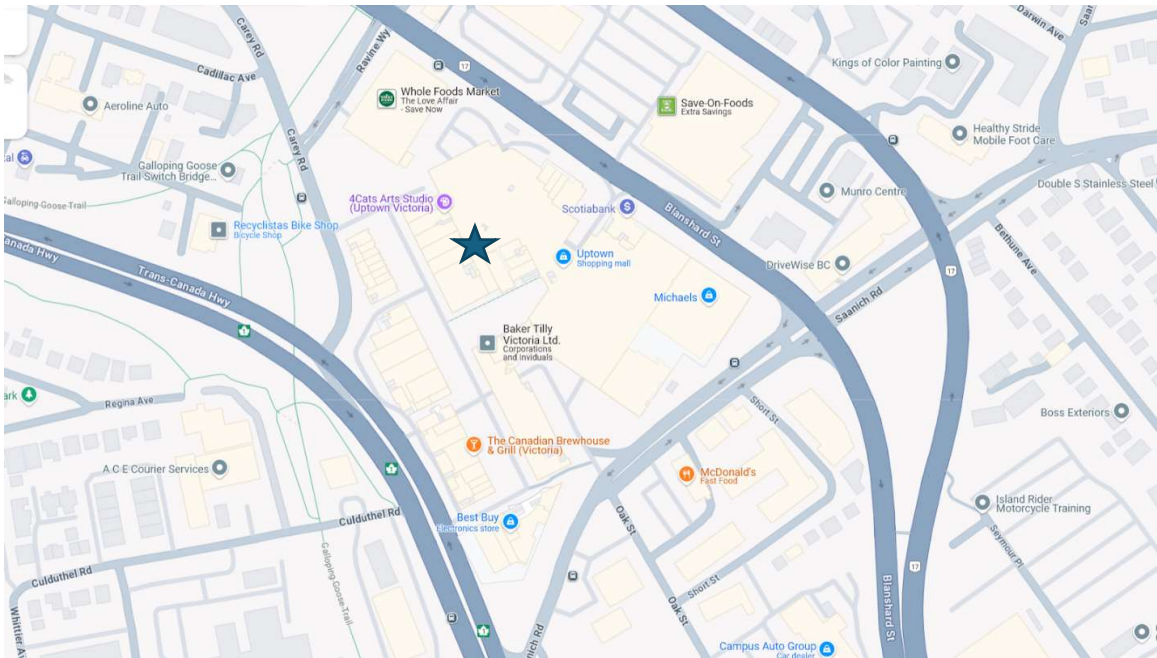


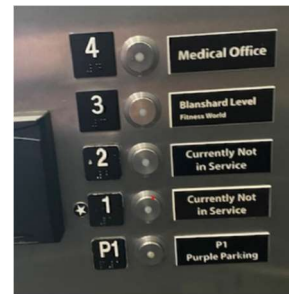
Good Sleep Health - Victoria

TheSleepClinics.ca

**We are located in the Uptown Mall Medical Building. Unit 215 – 3561 Blanshard St.
We are above Fitness World and next to Rebalance.**



The main elevator to the building is next to Fitness World. Overnight patients must use this elevator to access the building at night. Overnight patients may park on the parkade deck in front of our building overnight. Take this elevator up to Level 4 Medical Office. Turn right and continue down the hall past Rebalance to Unit 215. Press the doorbell when you arrive and the technologist will let you in.



If you take the secondary outside elevator on the other side of the building please note our floor is marked as Level 5 Medical Office.

***Overnight patients will not be able to get into the building at night using this elevator.**

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DIRECTIONS:



TRANSIT

From the University of Victoria exchange:

- #26 Dockyard
- #16 Uptown Express

From downtown Victoria (Douglas St.):

- #30 Royal Oak via Carey / James Bay / Beacon Hill
- #31 Royal Oak via Glanford / James Bay

From Langford:

- #50 Langford / Downtown Victoria



DRIVING

3440 Saanich Rd, Victoria BC, V8Z 0B9 Canada

**From Downtown
(Fort St At Douglas St, Victoria BC)**

- Head north on Douglas St / Trans-Canada Hwy/BC-1 N (1.2km)
- Turn right at Bay St (210 m)
- Turn left at Blanshard St / Patricia Bay Hwy/BC-17 N (2.4 km)
- Turn left at Saanich Rd (240 m)
- Slight right, Uptown will be on the right

From Langford/ Colwood/ Metchosin

- Head South on Trans-Canada Hwy/BC-1 S
- Turn left on Saanich Rd
- Turn left into Uptown to access Uptown Blvd. and underground parking

From Sidney/Brentwood Bay/Airport/BC Ferries

- Head South on Patricia Bay Hwy/BC-17
- Pass Ravine Way and turn right into Uptown Underground parking OR turn right onto Saanich Road and right on Oak St into Uptown Underground parking



PARKING

Parking access

You can access Uptown Underground parking via Carey Road, Ravine Way, Douglas Street, Blanshard Street or Saanich Road.