



Barry L. Katchinoff, M.D.

*Diplomate of the American Academy of Neurology
Diplomate of the American Board of Sleep Medicine*

DIRECTIONS TO SLEEP DIAGNOSTICS

From West End:

64E to I-195 South
Continue on Powhite Parkway (VA-76 S) for 4.2 miles
Exit onto Jahnke Road East
On Jahnke Rd., stay in right hand lane
Turn right at 1st traffic light onto Boulders Parkway
Continue on Boulders Parkway 0.3 miles
Take 2nd Right onto Boulders View Lane (**7301 Boulders Commons**)
Take 1st Left at sign for **Boulders Commons**

From Parham Road South:

Continue on Chippenham Parkway (VA-150) South
Exit on Jahnke Road
Turn left onto Jahnke Road
Turn left at 1st light into Boulders Parkway
Take 2nd Right onto Boulders View Lane (**7301 Boulders Commons**)
Take 1st Left at sign for **Boulders Commons**

From Powhite Parkway North (VA-76 S):

Exit at Jahnke Road
Turn left onto Jahnke Road
Turn left at 2nd light into Boulders Parkway
Take 2nd Right onto Boulders View Lane (**7301 Boulders Commons**)
Take 1st Left at sign for **Boulders Commons**

From Chippenham Parkway North (VA-150):

Exit at Jahnke Road
Turn left onto Jahnke Road
Turn left at 1st light into Boulders Parkway
Take 2nd Right onto Boulders View Lane (**7301 Boulders Commons**)
Take 1st Left at sign for **Boulders Commons**

From Midlothian Turnpike:

Turn onto Boulders Parkway at Honda and WaWa gas station
Take 7th left onto Boulders View Lane (**7301 Boulders Commons**)
Take 1st Left at sign for **Boulders Commons**

From Northside:

I-95 South
Take exit 79; merge onto I-195 South toward Powhite Parkway (VA – 76 S)
Exit onto Jahnke Road East
Right into Boulders Parkway
Take 2nd Right onto Boulders View Lane (**7301 Boulders Commons**)
Take 1st Left at sign for **Boulders Commons**

From East End:

I-95 South
Exit Downtown Expressway (I-195)
Follow signs for Powhite Parkway (VA – 76 S)
Exit on Jahnke Road East
Turn Right into Boulders Parkway
Take 2nd Right onto Boulders View Lane (**7301 Boulders Commons**)
Take 1st Left at sign for **Boulders Commons**

7305 Boulders View Lane, Richmond, VA 23225
Office: (804) 272-6896 Fax: (804)0320-0966

Revised 6/19/09