

# MASSACHUSETTS EYE & EAR, QUINCY– SLEEP TESTING CENTER INFORMATION



MASSACHUSETTS  
EYE AND EAR  
Sense Life. Experience Life.

**You are scheduled for a sleep test at Massachusetts Eye & Ear located at:**

**500 Congress Street  
Quincy, MA 02169  
617.796.7766**

## **INSURANCE INFORMATION**

\*Because insurance coverage varies, you should check directly with your insurance carrier regarding your specific plan coverage for any out-of-pocket expenses related to the test even if we've received authorization from your insurance company to perform the test. The contact number is usually available on your healthcare insurance card.

## **WHAT TO BRING TO THE SLEEP TESTING CENTER:**

- ☐ Comfortable clothing/pajamas
- ☐ Small snacks (if necessary)
- ☐ Personal toiletry items (toothpaste, soap, etc.) If desired
- ☐ Anything that will make you feel comfortable on the evening of your study (e.g. pillow, book, magazine, etc.). TVs are provided in each patient room.
- ☐ Take/bring all regular and emergency medications that you need for the evening and following morning as prescribed, unless otherwise directed by your physician. Please bring a list of all current medications.

**Please note: the sleep testing center technologists cannot provide/administer any medications.**

## **DIRECTIONS TO SLEEP TESTING CENTER:**

The center is located at 500 Congress Street (sign in front reads Crown Colony Medical Center) Enter at the back of the building at the door with an awning. Sleep Center is the first door on your right, suite 1C. Please note: if you arrive early, the technologist may not have arrived and the door may not be open. If you need to reach the sleep center on the night of your appointment please call: 617-804-4796

## **AFTER YOUR SLEEP TEST:**

If you are excessively sleepy upon waking, please arrange for someone to drive you to and from the sleep center or use public transportation/taxi service.

## **OBTAINING YOUR TEST RESULTS:**

**Contact your referring physician for sleep study results. Study results will not be sent directly to patients.**

## **FREQUENTLY ASKED QUESTIONS:**

### **1. Do I have to go to sleep right away?**

No, but the technologists will ask you to be in bed by 11pm to begin running the study. The study will conclude at 6am, unless otherwise directed by your referring physician.

### **2. Can I use the restroom?**

Yes, a technologist will come in to disconnect wires so you can get up to use the restroom.

### **3. Will someone be in the room with me?**

No, you will have a private room. There will be a small camera so the technologists can see sleep positions.