

**YOU HAVE BEEN SCHEDULED TO PICK UP A HOME SLEEP TEST AT NEUROCARE CENTER FOR SLEEP  
LOCATED AT:**

100 Cummings Center, Suite 341-H  
Beverly, MA 01915  
617-796-7766

**INSURANCE**

If your insurance requires a pre-certification and we've received authorization, this does NOT guarantee 100% coverage. Because coverage varies, check directly with your insurance carrier regarding your specific plan coverage and out-of-pocket expenses related to the test.

**MEDICATION**

Take all regular medications, including sleep aids, as prescribed, unless otherwise directed by your doctor.

**IN PREPARATION FOR YOUR STUDY:**

Watch an instructional video on device set-up at: [www.neurocareinc.com/home-sleep-apnea-testing](http://www.neurocareinc.com/home-sleep-apnea-testing)

*Confirm your appointment via text or phone.*

**ON THE DAY/NIGHT OF YOUR STUDY:**

Follow your normal bedtime schedule and try to sleep for at least seven hours (in any position) if possible.

Minimize caffeinated drinks, alcohol, and naps.

**AFTER YOUR SLEEP STUDY:**

The day after you pick it up, **return the equipment 7am-11am.**

You may have someone else drop off the equipment (The person testing does not need to be present when equipment is returned).

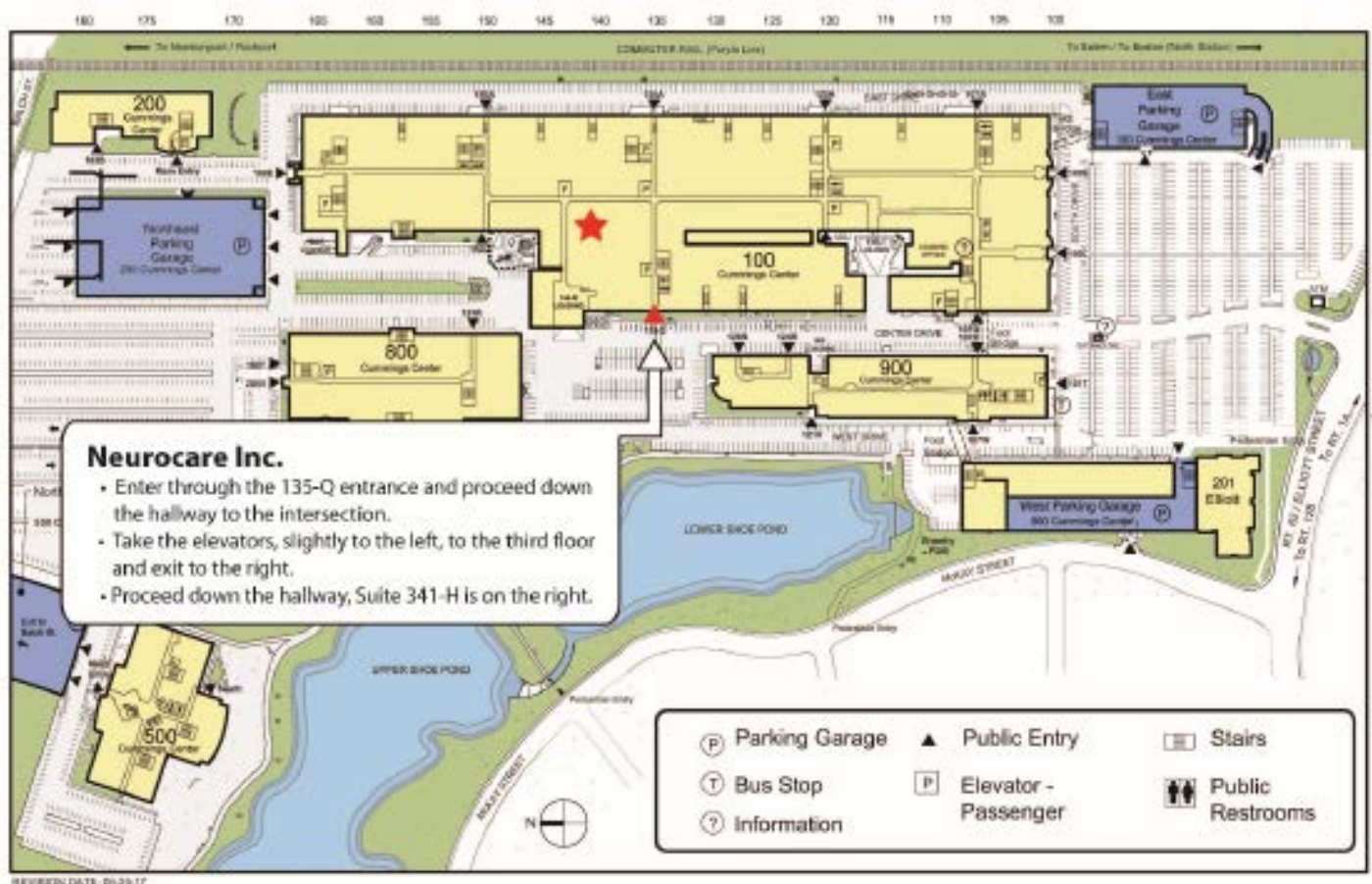
**A Drop Box for your equipment is located: to the left of the suite door, under the window.**

You must contact your referring physician for sleep study results. Study results will not be sent directly to patients.

**SLEEP CENTER LOCATION**

Suite 341-H

Enter through the 135-Q entrance and proceed down hallway to intersection  
Take the elevators (slightly to the left) to the third floor and exit to the right  
Proceed down hallway, suite 341-H is on the right



**Neurocare Inc.**  
100 Cummings Center, Suite 341-H  
617-796-7766

**Cummings Center**  
181 Elliott Street, Beverly, MA 01915

If you need help finding the suite once you have arrived for your appointment, please call: **978-969-3973**