



**You are scheduled for a sleep test at Neurocare Newton located at:**

**70 Wells Avenue  
Suite 101  
Newton, MA 02459  
617.796.7766**

## **INSURANCE INFORMATION**

Because insurance coverage varies, you should check directly with your insurance carrier regarding your specific plan coverage and 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:**

Suite 101, first floor.

Park in rear of building, enter through rear doors Sleep center is first (and only) suite directly to the left of entrance

## **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.