

Information About Your Home Sleep Test

You have been referred for a Home Sleep Test through Neurocare Center for Sleep because your physician suspects that you may have a sleep disorder known as Obstructive Sleep Apnea. Completing the Home Sleep Test is an important first step to improve your health and overall well-being.

Preparing for Your Sleep Study

Before the day of your study:

- ❑ 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.
- ❑ Watch Instructional Set-Up video at: www.neurocareinc.com/home-sleep-apnea-testing

On the day of your study DO:

- ✓ Take all of your regular medications unless otherwise directed by your doctor
- ✓ Write down a list of all medications and dosages to bring to your appointment
- ✓ Plan to follow your normal bedtime schedule and try to sleep for at least seven hours if possible
- ✓ Please allow 30 minutes for your appointment time to complete paperwork, review instructions, and test device
- ✓ Minimize caffeine drinks and naps on the day of your sleep test if they tend to interfere with your ability to sleep at night

What to Expect

- ❑ At the time that you pick up your Home Sleep Test equipment, you'll learn how to use the device
- ❑ There are only three sensors that need to be attached before using the Home Sleep Test device
- ❑ You can sleep as you normally would in any position
- ❑ Try to get 7 or more hours of sleep in order to collect enough information for diagnosis

Equipment Return Instructions

- ❑ Return the equipment the day after you pick it up Monday-Friday 7am-11am
- ❑ You may have someone else drop off the equipment (The person testing does not need to be present when equipment is returned)

We understand that you may have additional questions or concerns about your sleep study.

Client Service Coordinators are available to assist you from
8am-7pm Monday-Friday, and 2pm-6pm Saturday and Sunday:

617-796-7766

DIRECTIONS

Neurocare Center for Sleep is located at:

70 Wells Avenue Suite 101

Newton, MA 02459

We are the 3rd building on the left

You may park around the back of the building and enter through the back entry

If the outside door is locked, ring the buzzer for the technologist to let you in

