

YOU HAVE BEEN SCHEDULED FOR A SLEEP TEST AT PARKLAND MEDICAL CENTER LOCATED AT:

Nutfield Professional Building
44 Birch Street Suite 303
Derry, NH 03038
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/bring all regular medications, including sleep aids, as prescribed, unless otherwise directed by your doctor.

Bring any medications with you that you need to take while at the Sleep Center (evening and following morning medications), or that you may need in case of emergency, such as inhalers or epinephrine auto-injectors (EpiPens). Please note: The Sleep Center cannot provide/administer any medications.

PREREGISTRATION

You must register in order for the test to be performed. Please call **603-421-2280** Monday-Friday 7am-5pm to register. If you are unable to preregister before the night of your study, please plan to arrive 15 minutes early with your insurance card and photo ID.

ON THE DAY/NIGHT OF YOUR STUDY:

DO	DON'T
review pre-registration information & site directions	use cream/oil products on hair/skin
bring small snacks (if necessary)	bring dinner (please eat before)
bring personal toiletry items (soap, toothpaste, etc.)	bring valuables
bring comfortable two-piece clothing (PJs, t-shirt & shorts, etc.)	wear one-piece clothing (for the comfort of you & your technologist)
bring/take all medications (unless otherwise directed)	drink excessive amounts of alcoholic or caffeinated drinks
plan for night testing to end at about 6:00AM (arrange transportation)	

APPOINTMENT CHANGE INSTRUCTIONS

You must notify us at least 3 days before your appointment if you need to reschedule by calling 617-796-7766. The Sleep Center has reserved a specially equipped room and assigned a sleep technologist for your study. You may be responsible for a \$250 fee if you do not attend or change your appointment within 3 days.

SPECIAL ACCOMODATIONS – PLEASE CALL THE SLEEP CENTER AT 617-796-7766 IF YOU HAVE NOT INFORMED US THAT YOU:

- ☐ Use a walker, wheelchair, or cane
- ☐ Require assistance walking or using the bathroom
- ☐ Are unable to sleep in a standard bed and will need one that is adjustable
- ☐ Use supplemental oxygen
- ☐ Have active/ongoing heart problems
- ☐ Are allergic to medical tape or adhesives
- ☐ Take injectable medications (Note: medications CANNOT be administered by Sleep Center technologists)
- ☐ Require a translator
- ☐ Need a caregiver to remain with you during the study
- ☐ Require a handicap-equipped bathroom
- ☐ Have any other special requirements or needs

SLEEP CENTER LOCATION

Nutfield Professional Building - 44 Birch Street Suite 303 Derry, NH 03038

AFTER YOUR SLEEP STUDY

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.

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

FREQUENTLY ASKED QUESTIONS

1. Can I use the restroom?
Yes, a technologist will come in to disconnect wires so you can get up to use the restroom.
2. 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 position.
3. 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.
4. Do I need to bring my CPAP?
Yes, do bring your current CPAP and mask.
5. Can anyone stay with me during my study?
If approved in advance, special accommodations can be made for a caregiver to remain with you during your study (if required) to provide physical, medical, or other special assistance. Please note that you will not share a bed.