

EMERSON HOSPITAL– SLEEP TESTING CENTER INFORMATION



You are scheduled for a sleep test at Emerson Hospital located at:

Old Road to Nine Acre Corner

Concord, MA 01742

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.

PREREGISTRATION

You must preregister by phone or in person.

Preregistration (by phone): please call **978.287.3062** between 7:30am-8:00pm Monday-Friday.

Registration at hospital (in person): On the night of your appointment please arrive 15 minutes early with insurance card and photo ID. Please check in at patient registration at the front of the main hospital building before proceeding to the sleep lab. You are responsible for obtaining your registration sheet and giving it to the sleep technologist before the study.

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 entrance to the parking garage is located opposite the main entrance of the hospital. Park on Level 1 or above. There is no charge for parking. You will receive a parking voucher from the sleep technologist.

Go in the main entrance of the hospital and check in at patient registration (if you have not preregistered). From the main entrance, go down the hall past the ATM and take a left at the elevators. Look for the North elevators. Take the A elevator to the 4th floor.

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.