



You are 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 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.

PRE-REGISTRATION

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.

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 Sleep Testing Center is located in the Nutfield Professional Building. Building A, Room 303. 44 Birch Street Suite 303.

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.