



BRIGHAM AND WOMEN'S
Faulkner Hospital

You are scheduled for a sleep test at Brigham & Women's Faulkner Hospital located at:
1153 Center Street Suite 5M, Boston, MA 02130
617.796.7766

PRE-REGISTRATION:

You must pre-register for the test to be performed. **Please call 855.890.9242 Monday-Friday 8am-4pm or visit www.brighamandwomensfaulkner.org 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.

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.

WHAT TO BRING TO THE SLEEP CENTER:

- ☐ Comfortable clothing/pajamas
- ☐ Small snacks (if necessary)
- ☐ Personal toiletry items (toothpaste, soap, etc.) If desired
- ☐ 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 note: the sleep center technologists cannot provide/administer any medications.

SLEEP CENTER LOCATION:

Enter driveway & go straight to **PATIENT PARKING**. Go through **EMERGENCY ROOM** entrance. Once inside lobby, turn *left* & go through double doors. Turn *right* following signs to **SURGERY CENTER** & pass **PRE-OPERATIVE EVALUATION CENTER** on your *left*. Go to end of hallway to **HILLSIDE ELEVATORS** on the *right*. Take elevator to **5th floor**, exit *right*, and turn *left* at hallway to **SLEEP TESTING CENTER: 5M**.

NAVIGATING BWFH

Directions to the facility once inside are here (Link below):

<https://maps.brighamandwomensfaulkner.org/index.html#home>

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.

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.

OBTAINING YOUR TEST RESULTS:

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