



**You are scheduled for a sleep test at Neurocare Newton located at:
70 Wells Avenue, Suite 101
Newton, MA 02459
617.796.7766 (Scheduling)**

To learn more about your sleep study, please watch the video located at:
<https://www.neurocareinc.com/newton>

INSURANCE INFORMATION

Check directly with your insurance carrier regarding any out of pocket expenses related to your test. Your insurance may not pay for 100% of your sleep study. Even if we have obtained precertification, or if the sleep study is determined to be “authorized” or “covered”, you may still be responsible for paying your co-pay, any non-covered portions, and any deductible as determined by your insurance.

WHAT TO BRING TO THE SLEEP TESTING CENTER:

- Comfortable clothing / 2 piece pajamas
- Small snacks (Please bring a cooler if necessary for any food, drinks, or snacks that need refrigeration)
- Personal toiletry items (toothpaste, soap, etc.)
- 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.*

Sleep testing center technologists cannot provide/administer any medications

DIRECTIONS TO SLEEP TESTING CENTER

When you arrive on the night of your study, please park in the rear of the building.
Ring the outside doorbell and a Technologist will come to greet you.
If you need to contact your technologist the evening of your study, dial 617-581-6426.

AFTER YOUR SLEEP TEST:

If you are excessively sleepy upon waking, please arrange for someone to drive you to and from the sleep center.

To take extra precaution due to COVID-19, any belongings left at the lab will be disposed of. To avoid this, please be sure to take all belongings when you leave.

OBTAINING YOUR TEST RESULTS:

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

Additional Information:

- Sensors that monitor your brain waves are placed on your scalp with conductivity paste. The paste (not glue) can easily be washed out of your hair when you shower at home. *You may want to bring a hat to wear home and wait on hair styling appointments until after your study.*
- The technologist 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
- It will be easy to disconnect from the wires to use the restroom
- You will have a private room. There will be a small camera so the technologists can see sleep positions and listen if you have a question or need help