



You are scheduled for a sleep test at Parkland Medical Center located at:

**44 Birch Street
Derry, NH 03038
Nutfield Professional Building
Building A / Suite 303**

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

PRE-REGISTRATION

You must register in order for the test to be performed. Please call **603.421.2280** to register.

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.*

Please note: 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, Suite 303**, on 44 Birch Street
- Please park in the **back parking lot** located right outside the Nutfield Professional Building and **call the technologist at 603-421-2098 once you have parked**
- The technologist will provide you with instructions and escort you directly to your room
If you need to contact your technologist the evening of your study, dial 603-421-2098

AFTER YOUR SLEEP TEST:

If you are excessively sleepy upon waking, please arrange for someone to drop you off and pick you up outside the building.

OBTAINING YOUR TEST RESULTS:

Contact your referring physician for 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 **no later than 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