

BETH ISRAEL DEACONESS MILTON – SLEEP TESTING CENTER INFORMATION



You are scheduled for a sleep test at Beth Israel Deaconess Milton located at:

199 Reedsdale Road Milton, MA 02186

617.796.7766

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/pajamas
- Small snacks (Bring a cooler to keep with you if refrigeration is 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: Sleep testing center technologists cannot provide/administer any medications.

The sleep center is located at 199 Reedsdale Road Milton, MA 02186. **PARK** in the parking lot located near the **Emergency Room Entrance. When you arrive call the Sleep Center at 617-313-1256 to let them know you’ve arrived.** ENTER through the EMERGENCY ROOM. Hospital staff will provide you with a mask upon entry. Take a left at the end of the hallway, then a right at the end of the next hallway. The B BROOKS ELEVATORS will be down the hall on the left. Take the elevator to the 2ND FLOOR. The technologist will greet you outside the elevators on the 2nd floor. The technologist will then escort you directly to your room.

AFTER YOUR SLEEP TEST:

If you are excessively sleepy upon waking, please arrange for someone to either drop you off or pick you up outside the building. If you are being dropped off, please remain in the car until you receive instruction from the technologist that can be reached at the number listed in the directions. Visitors will NOT be allowed to enter the building.

OBTAINING YOUR TESTRESULTS:

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, it will be easy to undo the wires so you can 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.

Please Note: Technicians will be placing sensors on you that let them monitor you heart, limb movements, snoring, breathing, and brain waves throughout the night. The sensors used to monitor your brain waves are placed on your scalp with conductivity paste. This is not glue and can easily be washed out of your hair when you shower at home. Most of the other sensors are placed with hypoallergenic tape or with an EMG pads. All these sensors are important and will help your physician make the proper diagnosis.