



You are scheduled for a sleep test at Emerson Hospital located at:
Old Road to Nine Acre Corner
Concord, MA 01742
617.796.7766 (Scheduling)

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

PRE-REGISTRATION

You must call to pre-registration prior to your sleep study: **978.287.3062** between 7:30am-8:00pm Monday-Friday

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

- When you arrive at the hospital, bear left towards the **ER parking lot** and park in the ER lot
- If the ER lot is full, please park in **lot D** directly behind the ER parking lot. Parking will be validated
- Enter the building through the **Emergency Room Entrance**. Security will direct you to the sleep lab on the 4th floor, 4 East

If you need to get in contact with your technician the evening of your study, call 978-287-3478.

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 **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