

**You are scheduled for a sleep test at Beth Israel Deaconess Milton**  
**199 Reedsdale Road Milton, MA 02186**  
**617.796.7766 (Scheduling)**

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

### **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 center is located at 199 Reedsdale Road Milton, MA 02186.
- **PARK** in the parking lot located near the **Emergency Room Entrance**
- **Call the Sleep Center at 617-313-1256** to let them know you’ve arrived
- Enter through the **EMERGENCY ROOM**, and the Tech will meet you there shortly

**If you need to contact your technologist the evening of your study, dial 617-313-1256.**

### **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 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