**You are scheduled for a sleep test at Brigham & Women’s Faulkner Hospital located at:**

**1153 Centre Street Suite 5M, Boston, MA 02130 617.796.7766**

## PRE-REGISTRATION:

Please register for Partners Patient Gateway prior to your appointment. Visit [www.patientgateway.org/](http://www.patientgateway.org/) to register or call

**866-489-4056**.

## INSURANCE:

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 CENTER:

* Comfortable clothing/ 2 piece pajamas
* Small snacks (Please bring a cooler for any food that requires refrigeration)
* Breakfast and lunch (not provided by the hospital).
* Personal toiletry items (toothpaste, soap, etc.) If desired
* 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 note: the sleep center technologists cannot provide/administer any medication**

## SLEEP CENTER LOCATION:

Enter driveway & go straight to **PATIENT PARKING.** Go through **EMERGENCY ROOM** entrance. Once inside lobby, turn *left* & go through double doors. Turn *right* following signs to **SURGERY CENTER** & pass **PRE-OPERATIVE EVALUATION CENTER** on your *left*. Go to end of hallway to **HILLSIDE ELEVATORS** on the *right*. Take elevator to **5th floor**, exit *right*, and turn *left* at hallway to **SLEEP TESTING CENTER: 5M.**

## 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.

## FREQUENTLY ASKED QUESTIONS:

### 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.

### Can I use the restroom?

Yes, there is a private restroom available in your Sleep Room.

### 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.