

Name: Elizabeth Test

Your sleep study (PSG) appointment has been scheduled for _____.
Arrival time is ____ p.m.

Important Sleep Study / Polysomnogram (PSG) Information

In order to make your stay comfortable and to obtain the best Sleep Study results, here are a few guidelines

ALL APPOINTMENTS MUST BE CONFIRMED AT LEAST 24 HOURS BEFORE SCHEDULED STUDY BY CALLING (207-662-4535) M-F. FAILURE TO CONFIRM WILL RESULT IN LOSS OF APPOINTMENT.

- * Continue taking your medications, unless directed otherwise by your physician
- * If you do not have a Maine Medical Center Blue Card, or your card has expired, you will need to call Outpatient Central Registration at (207)-662-2433
- * When you arrive, please park in the Maine Sleep Institute lot on Gilman Street. Go to the glass door and ring the doorball and a technologist will unlock the door to let you in the building
- * Eat normally on the afternoon/evening of the study
- * Please refrain from caffeine and alcohol during the afternoon/evening of the sleep study
 - * Limit your use of nail polish, hair gel, moisturizers, sprays & make-up the afternoon/evening of your study. You must bring nightclothes to sleep in such as: cotton pajamas, gym shorts or sweatpants and a tee shirt
- * Please feel free to bring your favorite pillow and any toiletries you may need in the morning
- * There will be cable TV in your room or you may bring reading material for the set-up
- * Preparation for the test will take approximately an hour and a half
- * You will be awakened between 5:00 - 6:00 am in the morning and will be ready to leave by 7:00am

Traveling Instructions:

From the North: Travel I-95 South to either exit 103 or exit 52 to I-295. Take I-295 South to exit 5A - toward ME-22/Congress St. Keep right at the fork in the ramp then turning right onto Congress St. After second set of lights, turn right onto Gilman Street into our parking lot on the corner.

From the South: Travel the I-95 North to exit 44. Take I-295 North to exit 5-toward ME-22/Congress St. After second set of lights, turn right onto Gilman Street into our parking lot on the corner.

Patient will receive a charge from the sleep lab for their services and a charge from the physician interpreting the study