930 Congress St, Portland, Me 04102

Phone number 662-4535

**We ask that you give at least 48 hours notice when cancelling or changing your appointment. Please call Central Scheduling at 661-3000.**

What to do the day of your appointment:

* Your hair and skin must be clean and dry (no lotions). Please do not use conditioner, gel, spray etc. on hair. Wear 2 piece sleep wear consisting of at least shorts and T-shirt.
* Unless otherwise directed by your physician, continue to take your medications as usual.
* Eat normally on the day of the study. Please have your evening meal before you arrive at the Maine Sleep Institute at 7 pm or 8 pm depending on appointment time.
* Refrain from alcohol and caffeinated products for at least 8 hours prior to study.
* If your face is clean shaven please come freshly shaven NO STUBLE. Grown out beards are acceptable. One fingernail must be free of polish/acrylics..

What to bring for your appointment:

* Two forms of ID, one being a picture ID.
* Cotton nightclothes. Two pieces (shorts and a t-shirt are the best).
* Any medications that you will need to take before bed and in the morning.
* Your favorite pillow if you prefer.
* Toiletries that you will need at bedtime and in the morning.
* Any special snacks you may need.

What to expect the night of your study:

* We are located on the corner of Gilman and Congress Street. Parking is in our lot on Gilman St.
* For your safety, our building is locked. You will need to be buzzed in after you are identified as a patient.
* You will be asked to fill out paperwork such as consent to treat form and questions about your sleepiness.
* Monitoring wires will be applied to your head and body with tape and paste. This process takes approximately one hour to complete.
* Lights out is no later than 11:00pm. At this time Lights, TV, cell phones, pagers and other electronic gadgets will need to be turned off and remain off during the study.
* Your study will end between 5:45 and 6:15am. Transportation should be arranged prior to your arrival.
* Our phone number is 662-4535. Please call if you have any questions.
* **For the health and safety of our patients and employees, smoking and use of tobacco products (including electronic cigarettes) are not allowed at Maine Medical Center and on any MMC properties. This includes our grounds and the sidewalks around our Maine Medical Center buildings.**

*Directions:*

From the South:

1. I-95 N.
2. Slight right onto I-295 N.
(signs for S. Portland/Downtown Portland).
3. Exit 5 to merge onto ME-22 E/Congress St.
4. Continue on Congress St. Do not pass the hospital.
5. Turn Right onto Gilman St.
6. Immediate Right into our parking lot.

From the North:

1. I-295 S towards Brunswick.
2. Take Exit 6A for Maine 100 S/Forest Ave.
3. Merge onto Forest Ave.
4. Keep Right at fork
5. Turn Right onto State St.
6. Turn Right onto Congress St. Go past the hospital.
7. Turn Left onto Gilman St. Take immediate Right into our parking lot.