



930 Congress Street  
Portland, ME 04102  
(207) 662-4535

Name:                      DOB:                      Ordering Dr:

Your sleep study (PSG) appointment has been scheduled for                      . Your arrival time is                      .

Type of study (check one):    Overnight Study    Overnight Study/MSLT    Overnight Study/MWT  
                                          PAP acclimation    MWT without PSG    Day Study                       Portable Sleep Study

### Important Sleep Study/Polysomnogram (PSG) Information

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

- ALL APPOINTMENTS MUST BE CONFIRMED BEFORE NOON THE DAY PRIOR TO THE SCHEDULED STUDY DATE. SATURDAY, SUNDAY AND MONDAY APPOINTMENTS NEED TO BE CONFIRMED BEFORE NOON OF THE FRIDAY BEFORE THE APPOINTMENT DATE. APPOINTMENTS CAN BE CONFIRMED BY CALLING (207) 662-4535 OPTION 1. FAILURE TO CONFIRM YOUR APPOINTMENT MAY RESULT IN THE LOSS OF THE APPOINTMENT.
- **You will receive a charge from both the Maine Sleep Institute for the sleep study and from the interpreting physician’s office.**
- **Please note that you are responsible for contacting your insurance provider prior to receiving any services to determine your specific benefit coverage for testing and any medical equipment that may be needed.**
- 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 or 1-800-974-2072 ext. 2433.
- You will need two forms of I.D. (one of which should be a photo I.D.)
- When you arrive please park in the Maine Sleep Institute lot on Gilman Street. Go to the glass door and ring the door bell. A technologist will answer via the intercom, tell you which floor to go to and unlock the door once you have been identified as a patient.
- Continue taking your medications, unless directed otherwise by your physician and please bring a list of any medications taken the day/night of the study.
- Eat normally on the afternoon/evening of the study.
- Please refrain from caffeine and alcohol during the afternoon/evening of the sleep study.
- Please keep one fingernail polish/acrylic free. Do not use hair gel, moisturizers, sprays and make-up the afternoon/evening of your study. Hair and skin should be clean and dry to maximize lead adherence.
- You must bring cotton nightclothes to sleep in such as pajamas, gym shorts/sweatpants and a tee shirt. A minimum of shorts and a tee shirt should be worn.
- Feel free to bring your favorite pillow, blanket 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.
- Lights and the TV will be turned off and the study will begin by 11:00 PM.
- Distractions, such as televisions, radios, cell phones, pagers, etc. will need to remain off during the study.
- Preparation for the test will take approximately an hour and a half.
- Wake up time begins at 5:00 AM. You should be ready to leave no later than 7:00 AM.
- Please have any arranged transportation arrive by 7:00 AM.



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### **For Overnight Study/MSLT or MWT**

- If you are scheduled for an overnight PSG with **MSLT** or **MWT** plan to stay until approximately 4:00 PM the next day. MSLT patients will have 4 – 5 short naps throughout the day. MWT patients will have 4 trials.
- Please bring items to keep you occupied that are not physically or mentally stimulating to keep you awake in between naps. A light breakfast and box lunch will be provided.
- **MWT** patients who do not undergo an overnight PSG will be given a box lunch only.

### **For Pediatric Patients**

- **PLEASE BE ADVISED THAT ONLY ONE PARENT/GUARDIAN OR APPROPRIATE DESIGNATED INDIVIDUAL WILL BE ALLOWED TO STAY OVERNIGHT WITH PEDIATRIC PATIENTS.\* ONE PARENT/GUARDIAN OR APPROPRIATE DESIGNATED INDIVIDUAL MUST STAY WITH ANY PATIENT UNDER THE AGE OF 18 YEARS.**
- Please bring items that will help your child relax and feel at ease, such as a favorite stuffed animal, blanket, or pillow.

### **Hours of Operation**

The Maine Sleep Institute administrative staff is available Monday – Friday, 8:00 AM – 3:00 PM. Generally, the administrative staff is not available on holidays and weekends. Please contact the Sleep Lab with questions and to reschedule appointments during administrative hours. If you need to cancel after administrative hours please leave a message on the main line. Request for return calls will take place on the following business day. The Sleep Lab is not staffed between the hours 3:00 PM and 6:30 PM.

Please be aware that unavoidable circumstances may cause your appointment to be cancelled. Please make sure that all of your contact information is current and that you check your voice mail throughout the day on the day of your appointment.

### **Directions to the Maine Sleep Institute**

#### **From the North:**

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

#### **From the South:**

Travel I-95 North to exit 44. Take I-295 North to exit 5 toward ME-22/Congress Street. Keep right at first fork then left at next fork in the ramp onto Congress Street. After second set of lights, turn right onto Gilman Street into our parking lot on the corner.

\*Maine Medical Center has a list of hotels that give discounts to family members of patients having procedures at Maine Medical Center.