



If you should run into a problem the night of the study and you need to speak to a staff member, please call 207-828-1122 and our answering service will connect you to one of the technicians.

Please note that you are responsible for contacting your insurance carrier prior to receiving any services to determine your specific benefit coverage for testing and any medical equipment that may be needed.

If you are unable to show up for your appointment without providing at least 24 hours' notice, you will be charged a \$250 fee.

If you are diagnosed with Obstructive Sleep Apnea (OSA) based on your sleep study, the physician may order PAP therapy for you. If you are contacted by the Maine Sleep Center to arrange an appointment for the PAP Initiation Clinic, you should contact your insurance carrier prior to your visit to discuss your PAP therapy insurance coverage options.

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:

- **Your technician will not arrive until 8 p.m. You will not be able to enter the sleep lab until then.**
- Park in the Chest Medicine Associates parking lot; go to the main entrance door and **ring the doorbell to be let into the building.**
- Continue taking your medications, unless directed otherwise by your physician.
- Bring a list of your current medications and 2 forms of identification, one of which must include a photo.
- Eat normally on the afternoon/evening of the study.
- Refrain from caffeine and alcohol during the afternoon/evening of the sleep study.
- No smoking is allowed on the campus, including inside the building, parking lots, or inside cars in parking lots.
- Do not use 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.
- 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.
- Lights and television will be turned off and the study will begin by 11:00 p.m.
- You will be awakened between 5:00-5:30 a.m. in the morning and ready to leave by 6:00a.m.
- Bathroom and shower facilities and juice and coffee will be available in the morning.
- If you are scheduled for a MSLT, you will be staying the next day until about 5:00 p.m. having 5 short naps throughout the day. Light snack will be provided.



DIRECTIONS TO MAINE SLEEP CENTER AT CHEST MEDICINE ASSOCIATES 100 FODEN ROAD

From the Maine Turnpike North or South:

Take exit 46. Turn right onto Hutchins and continue to the light. Turn right onto Johnson Road (Route 9). Proceed approximately 1 mile, Johnson Road turns into Western Avenue, and take third right onto Foden Road. 100 Foden Road will be on your left a short distance beyond the intersection of Darling Avenue and Foden Road. Turn left into the parking lot.

From I-295 SouthBound:

Take exit 3. Turn right on Western Avenue (Route 9). Proceed approximately 1 mile, bearing right at the second light, the intersection of Gorham Road and Western Avenue (Route 9), to continue on Western Avenue. At the third light turn left onto Foden Road. 100 Foden Road will be on your left a short distance beyond the intersection of Darling Avenue and Foden Road. Turn left into the parking lot.