

Maine Sleep Institute

930 CONGRESS STREET PORTLAND, ME 04102 • (207) 662-4535

ALL appointments must be confirmed NO LATER than NOON the day PRIOR to the scheduled study date. Saturday, Sunday and Monday appointments need to be confirmed NO LATER than 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 Chest Medicine Associates from the physician interpreting the study.

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 from your sleep study results, you are diagnosed with Obstructive Sleep Apnea (OSA), the physician may order CPAP therapy for you. If you are contacted by CMA to arrange an appointment for the CPAP Initiation Clinic, you should contact your insurance carrier prior to your visit to discuss your CPAP 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:

- 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.)
- Park in the Maine Sleep Institute lot on Gilman Street; go to the glass 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.
- Eat normally on the afternoon/evening of the study.
- Refrain from caffeine and alcohol during the afternoon/evening of the sleep study.
- 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 & 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.
- Lights and television will be turned off and the study will begin by 11:00 p.m.
- Preparation for the test will take approximately an hour and a half.
- You will be awakened between 5:00-6:00 a.m. in the morning and be ready to leave by 7:00 a.m.
- If you are scheduled for a MSLT you will be staying the next day until about 4:00 p.m. having 4-5

short naps throughout the day. A light breakfast and box lunch will be provided.

DIRECTIONS TO MAINE SLEEP INSTITUTE

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. Keep right at first fork then left at next fork in the ramp onto Congress St. After second set of lights, turn right onto Gilman Street into our parking lot on the corner.