

Important Sleep Study Information

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

- ⚠ **Please notify our office if you have any special needs.** For example, if you use and/or require any of the following; wheelchair, walker, personal caretaker, service dog, frequent trips to the restroom, lifting devices, etc. – please inform us immediately.
- 📞 **If you need to reach us on the night of your sleep study, please call (207) 828-1122** and the answering service will connect you to one of our sleep technicians.
- **When arriving, park in the Chest Medicine Associates parking lot; go in through the main entrance door and ring the doorbell to the left.** This will alert the technicians of your arrival.
- 🚭 **No smoking and/or vaping is allowed on the campus,** including inside the building, parking lots, or inside cars in parking lots.
- ✗ **Do not use any nail polish, hair gel, moisturizers, sprays or makeup the afternoon/evening of your scheduled sleep study.**
- ✗ **No caffeine and alcohol during the afternoon/evening of the sleep study.**
- ✓ **Eat normally on the afternoon/evening of the study.**
- ✓ **Continue taking your medications as usual, unless you have been directed otherwise by your physician.**
- ✓ **Please bring one form of photo identification** with you and a list of current medications.
- ✓ **You must bring nightclothes to sleep in: two-piece/top and bottom,** cotton pajamas, gym shorts or sweatpants and a tee shirt. **No night gowns, no silk or satin.**
- **Licensed service dogs only.** You will be required to provide a copy of the license for your service dog in order to have one stay during your visit.
- Feel free to bring your favorite pillow, extra blankets and any toiletries you may need in the morning. Shampoo, conditioner, and body wash are available.
- 📺 There will be cable TV in your room, or you may also bring reading material for after 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 PM
- 🚽 Bathroom and shower facilities along with juice and coffee will be available in the morning.
- 📹 Recorded video and audio will be used during all sleep studies.

Items to Bring with You:

- ▶ Photo ID
- ▶ Pajamas/Sleep Wear (required - Men and Women) top and bottom, no night gowns, no silk or satin
- ▶ Toiletries (sinks in all patient's rooms - bathrooms are down the hall)
- ▶ Slippers/Bathrobe (optional)
- ▶ Pillow (optional)
- ▶ Hat to cover your hair after sleep study (optional - you will have paste in your hair) shower is available down the hall
- ▶ Reading Glasses (if applicable)
- ▶ Hearing Aid (if applicable)
- ▶ If you are scheduled for a titration study and you use PAP therapy at home; please bring your mask along with the hose. Do not bring your PAP machine

Quick Reminders:

- ⇒ Leave valuables at home
 - ✗ Do not wear acrylic/gel nails or hair braids/weaves
 - ✗ Do not apply lotion to skin the day of your sleep study
 - ⊘ This is a Smoke/Tobacco/Marijuana/Vape free campus
 - 🕒 Setup for testing takes a little over an hour. You will have wires (28 +/-) from your shins to your head
 - 🕒 You will be woken up around 5:00 AM and will be ready to leave around 6:00 AM
 - 📹 All sleep studies have recorded audio and video
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Driving Directions to The Maine Sleep Center at Chest Medicine Associates

**100 Foden Road,
South Portland, ME 04106**

From the Maine Turnpike North or South:

Take exit 46. Turn right onto Skyway Drive and continue to the light. Turn right onto Johnson Road (Route 9). Proceed approximately 1 mile (Johnson Road turns into Western Avenue) and take the 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 onto Western Avenue (Route 9). Proceed for approximately 1 mile. When you reach the second light at the intersection of Gorham Road and Western Avenue, bear right to continue driving 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.