



## **CHEST MEDICINE ASSOCIATES**

The Pulmonary • Critical Care • Sleep Medicine Specialists

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Mayuko Fukunaga, M.D.  
Benjamin P. Smith, M.D.  
Lauren H. Brown, C.R.N.P.  
Anita Tevarian, PA-C

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Confirm appointment at least 24 hours before by calling 207-781-9030 M - F. If you should run into a problem the night of the study and need to speak to a staff member, please call 207-781-7930 after 8:00pm to speak with one of our technicians.

You will receive a charge from both Sleepmed for the sleep study and from Chest Medicine Associates from the physician interpreting the study.

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.

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### **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:

- Please bring a picture ID
- Plenty of parking; come in through the glass outside door; take right to Sleepmed's door; ring bell
- Continue taking your medications, unless directed otherwise by your physician
- Bring a list of your current medications. Please fill out the patient questionnaire and sleep diary that was mailed to you.
- 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 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
- Lights and television will be turned off and the study will begin by 11:00 p.m.
- Preparation for the test will take approximately a hour
- You will be awakened between 5:00-5:30 a.m. in the morning and ready to leave by 6:00 a.m.
- If you are scheduled for a MSLT you will be staying the next day until about 6:00 p.m. having 5 short naps throughout the day
- You are responsible for your meals, drinks, and snacks during the test. We have a refrigerator, toaster oven, and microwave

**DIRECTIONS TO: Sleepmed 400 US Route One Falmouth, ME 04105**

**From the South: I-95 Maine Turnpike**

1. Take I-95 North - Maine Turnpike, toward Portland. (Toll \$1.00)
2. Take the I-295 North exit - Exit 52 - toward U.S. Route One / Falmouth / Brunswick.
3. Merge onto Falmouth SPUR. (Toll \$1.00)
4. Take the U.S. Route One North exit - Exit 15b - on the LEFT.
5. Turn Slight Right (ramp) onto U.S. Route One North. (Go 0.9 Miles)
6. 400 U.S. Route One, Suite A (2nd Driveway) on the left across the street for STREET CYCLES and EUROPEAN BAKERY.

**From the South I-295**

1. Take I-295 North toward Falmouth
2. Take the Bucknam Road exit - Exit 10
3. Turn LEFT onto Bucknam Road.
4. At the traffic light turn LEFT onto U.S. Route One North. (Go 1.1 miles)
5. 400 U.S. Route One, Suite A (2nd Driveway) on the left across the street for STREET CYCLES and EUROPEAN BAKERY.

**From the North: I-95 Maine Turnpike**

1. Take I-95 South - Maine Turnpike, towards Falmouth. (toll \$1.00)
2. Take Exit 52 toward I-295 / Falmouth / U.S. Route One / Freeport.
3. Merge onto Falmouth SPUR. (toll \$1.00)
4. Take U.S. Route One North exit - Exit 15B - On the LEFT.
5. Turn Slight Right (ramp) onto U.S. Route One North. (Go 0.9 Miles)
6. 400 U.S. Route One, Suite A (2nd Driveway) on the left across the street for STREET CYCLES and EUROPEAN BAKERY.

**From the North I-295**

1. Take I-295 South toward Falmouth / Portland
2. Take the Bucknam Road exit - Exit 10
3. Turn LEFT onto Bucknam Road.
4. At the traffic light turn LEFT onto U.S. Route One North. (Go 1.1 miles)
5. 400 U.S. Route One, Suite A (2nd Driveway) on the left across the street for STREET CYCLES and EUROPEAN BAKERY.

**\*\*PLEASE NOTE:**

**When you arrive please go through the front entrance and ring the doorbell for the technician to let you in. (This door will be locked)**