BRIGHAM HEALTH
BRIGHAM AND WOMEN'S
Faulkner Hospital

You are scheduled for a sleep test at Brigham & Women's Faulkner Hospital located at:

1153 Center Street Suite 5M, Boston, MA 02130
617.796.7766

COVID TESTING PRIOR TO YOUR SLEEP STUDY

If you have been informed that a COVID test will be required before your procedure (SPLIT or CPAP STUDIES) arrangements will be made through a Partners Healthcare testing center. You will be contacted to arrange an appointment date and time 2-3 days prior to your sleep study.

PRE-REGISTRATION:

Please register for Partners Patient Gateway prior to your appointment. Visit www.patientgateway.org/ to register or call **866-489-4056**.

INSURANCE:

Check directly with your insurance carrier regarding any out of pocket expenses related to your test. Your insurance may not pay for 100% of your sleep study. Even if we have obtained precertification, or if the sleep study is determined to be "authorized" or "covered", you may still be responsible for paying your co-pay, any non-covered portions, and any deductible as determined by your insurance.

WHAT TO BRING TO THE SLEEP CENTER:

- ☐ Comfortable clothing/pajamas
- ☐ Small snacks (Please bring a cooler for any food that requires refrigeration)
- ☐ Breakfast and lunch (not provided by the hospital).
- ☐ Personal toiletry items (toothpaste, soap, etc.) If desired
- ☐ Take/bring all regular and emergency medications that you need for the evening and following morning as prescribed, unless otherwise directed by your physician.

Please note: the sleep center technologists cannot provide/administer any medications.

To take extra precaution due to COVID-19, any belongings left at the lab will be disposed of. To avoid this, please be sure to take all belongings when you leave

SLEEP CENTER LOCATION:

Please enter through the **3RD FLOOR ENTRANCE**. When entering the driveway to the hospital, take a left to the back of the hospital. Park in the **SURFACE AREA LOT**, **OR** the **PARKING GARAGE** and enter through the **HILLSIDE** entrance. There may be signage that indicates "EMPLOYEES ONLY", but SLEEP CENTER patients are expected at this entrance as well. A staff member will meet you at the entrance to provide a screening and a mask. You will take the elevator to **5th floor**, exit *right*, and turn *left* at hallway to **SLEEP TESTING CENTER: 5M.**

AFTER YOUR SLEEP TEST:

If you are excessively sleepy upon waking, please arrange for someone to either drop you off or pick you up outside the building. If you are being dropped off, please remain in the car until you receive instruction from the technologist that can be reached at the number listed in the directions. **Visitors will NOT be allowed to enter the building.**

FREQUENTLY ASKED QUESTIONS:

1. **Do I have to go to sleep right away?**

No, but the technologists will ask you to be in bed by 11pm to begin running the study. The study will conclude at 6am, unless otherwise directed by your referring physician.

2. **Can I use the restroom?**

Yes, there is a private restroom available in your Sleep Room.

3. **Will someone be in the room with me?**

No, you will have a private room. There will be a small camera so the technologists can see sleep positions.

Please Note: Technicians will be placing sensors on you that let them monitor you heart, limb movements, snoring, breathing, and brain waves throughout the night. The sensors used to monitor your brain waves are placed on your scalp with conductivity paste. This is not glue and can easily be washed out of your hair when you shower at home. Most of the other sensors are placed with hypoallergenic tape or with an EMG pads . All these sensors are important and will help your physician make the proper diagnosis.

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The BWFH Safe Care Commitment in the Sleep Testing Center

We understand that you may have limited your healthcare appointments due to COVID-19, and that you may have questions about returning to a healthcare location for sleep testingservices.

At BWFH, we have increased the frequency of cleaning efforts, reinforcing our existing high standards to ensure your safety. These procedures meet or exceed guidelines issued by the Centers for Disease Control and Prevention (CDC) and the Massachusetts Department of Public Health (DPH) with respect to patient safety, workforce safety, personal protective equipment (PPE) and infection control, and the American Academy of Sleep Medicine (AASM).

Below are some of the steps we are taking to protect our patients as part of our Safe Care Commitment.

We screen to protect you, your families, and our staff

• We screen all employees daily for symptoms. Anyone with symptoms of a possible respiratory illness is not allowed to work until they are better.

• We screen visitors for symptoms. Any visitor with symptoms is restricted from entering ourhospitals.

• We test and screen patients for COVID-19.
– Admitted patients are tested for COVID-19 prior to admission and then screened for symptoms each day of their hospital stay.
– Patients visiting for clinic appointments are screened for symptoms prior to their visit and again upon arrival. If symptomatic, patients are cared for via virtual visits or in designated areas where we use personal protective equipment (PPE) recommended by the Centers for Disease Control to prevent spread of the COVID-19 virus.

We clean our hands and spaces and make it easy for you to do the same

• We have increased the frequency and intensity of cleaning of all high touch areas throughout theinstitution.

• We require frequent hand-cleaning and have added hand sanitizer stations so patients and staff can clean their hands easily and frequently.

We protect everyone in our environment

• We require all people on campus—employees, patients, and visitors—to wear amask. Patients will be able to remove their mask when they are ready to go to sleep.

• We have rearranged spaces to accommodate physical distancing and prevent transmission of infections by removing chairs from waiting rooms, and in some high-use areas, installing plexiglassbarriers.

• We limit visitors coming into the hospital and clinics.

Sleep Testing Center Measures

COVID Testing Prior to Sleep Study Appointments

Patients undergoing procedures using masks must be tested for COVID-19 within 48 hours prior to their sleep study appointment. Those patients are further requested to self - quarantine at home between the COVID test and their sleep testing appointment. Anyon e that tests positive for COVID-19 must postpone their visit at least 30 days from the date of their COVID test. If your procedure requires that you complete a COVID test prior to your appointment, a member of our team will contact you for scheduling.

Touch-Free Check-in and Check-out

E-check in is available through Patient Gateway to minimize the need for paper-based signatures at the time of service.

Waiting Room Alternatives

We have implemented a procedure to bypass the waiting rooms. The technolog ist meets the patient at the door to the Sleep Center, and immediately escorts them to his/her sanitized bedroom. In addition, appointment arrival times are staggered, to avoid more than one patient arriving in the center at the same time.

We look forward to caring for you during your stay in our Sleep Testing Center.

If you have questions about sleep testing or your sleep study appointment, please call us at (617) 796-7766.

If you have any questions about parking, entering the hospital or safety, please call us at (617) 983-7104.