

**YOU HAVE BEEN SCHEDULED TO PICK UP A HOME SLEEP TEST AT SAINT ELIZABETH'S MEDICAL CENTER LOCATED AT:**

7 Nevins Street,  
Boston, MA 02135  
617-796-7766

Enter the medical center campus through the Cambridge Street and Warren Street entrances. Proceed up the hill and park in the parking garage to your left, "Parking Garage B." The Sleep Center is located in the Seton building 6th floor, East, through the main entrance. Upon entry proceed to Elevator B and go to the 6th floor. When exiting turn left then take your first right and proceed down hallway toward 6 East until you reach the sleep center, room # 6550. The information desk is located at the main entrance and can assist you upon entry to the hospital for additional needs or questions.

**Please note: Only patients with scheduled appointments are permitted to enter the building.**

### **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 your 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.

### **MEDICATION**

Take all regular medications, including sleep aids, as prescribed, unless otherwise directed by your doctor.

### **IN PREPARATION FOR YOUR STUDY:**

Watch an instructional video on device set-up at: <https://www.neurocareinc.com/home-sleep-testing>

*Confirm your appointment via text or phone.*

### **PRE-REGISTRATION:**

All patients must pre-register 48 hours prior to their appointment.  
The pre-registration department can be contacted at 781-884-0490.

### **COVID Screening:**

Patients will be screened for COVID symptoms at the time they pre-register, when they arrive at the hospital, and when they arrive in the sleep center for their appointment.

### **ON THE DAY/NIGHT OF YOUR STUDY:**

Follow your normal bedtime schedule and try to sleep for at least seven hours (in any position) if possible. Minimize caffeinated drinks, alcohol, and naps.

### **AFTER YOUR SLEEP STUDY:**

**The day after you pick it up, return the equipment to the sleep center before 11 am.**

Study results will not be sent directly to patients, contact your referring physician for sleep study results.