



**The Sleep Center at Greater Baltimore Medical Center**

Main Hospital  
6701 N. Charles St.  
Suite 1604  
Towson, MD 21204

P: 443-849-3874  
F: 443-849-6780  
Park: Lily Garage

Dear Patient:

Thank you for choosing Greater Baltimore Medical Center for your evaluation. This letter is to confirm your scheduled sleep study and to explain what is involved with the procedure.

**Arrival Time: 8:45 PM**

Please note, the Sleep Technologists begin their shifts at 8:45 PM. There is no need to arrive earlier, but please be on time.

**Parking:**

- Park in the BLUE BELL lot by 8:45pm.
- Notify your Sleep Tech of your arrival by calling 443-849-6770.
- At 9pm, the Sleep Tech will escort you to the Sleep Lab.

**Directions to BLUE BELL park:**

- Enter Main Entrance of GBMC from Charles Street
- Bare left at the "Y" in the road
- Make your first left into the Parking Lot on the right, "BLUE BELL PARK".
- Park in a "Neurology Patient" sign by the Neurology side door entrance.

Please remember to wear a mask.

Please keep in mind that these appointments are scheduled in advance and much preparation goes into scheduling these appointments. If you are unable to keep your appointment, please contact us **at least 48 hours** in advance, at 443-849-3874 so we can fill that opening with another patient.

Thank you for the opportunity to serve you!

GBMC Sleep Lab Staff



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**PATIENT INSTRUCTIONS**

Prepare for your sleep study as if you were spending the night at hotel. Pack an overnight bag with only the items you will need during your stay: toiletries, pajamas (2-piece) and feel welcome to bring your own pillow or blanket.

**On the day of your scheduled sleep study:**

- No caffeine after 12:00 noon
- No naps
- No alcoholic beverages
- Eat dinner prior to arriving
- Wash and dry your hair (without hairspray, gels, or oils).
- Remove nail polish and/or acrylics from fingers. This is necessary for accurate oxygen saturation readings during the study.
- Gentlemen should plan on shaving prior to the study. You are not required to remove a mustache or beard. This is necessary for the attachment of certain leads to your chin.

**Medications:**

- Continue to take any prescription medication unless otherwise instructed by your physician. If you take any sleeping aides, do not take until after you arrive at the Sleep Center. Inform the technician of what you are taking.

**Remember to Bring:**

- Your insurance card
- Insurance referral, if required
- Photo identification
- Medication list, including non-prescription medications
- Completed sleep center paperwork
- Any toiletries you may need (soap, shampoo, conditioner, toothbrush, toothpaste, etc.). We have bathrooms and showers attached to each room.
- A favorite pillow or reading material if you like. We have televisions in each room for your convenience.
- Something to eat and drink if you wish

**After the Study:** Please allow 14 days for your physician to receive the results of your sleep study



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**INSURANCE INFORMATION**

We strongly encourage you to call your insurance ahead of time to verify if you are responsible for any copays/ deductibles.

A sleep study is a hospital outpatient diagnostic test.

Please use the following reference for sleep study procedure codes or "CPTs":

Diagnostic Sleep Study (Polysomnogram):	CPT 95810
Diagnostic Sleep Study with Nasal CPAP:	CPT 95811
Split Night PSG (Polysomnogram) with CPAP:	CPT 95811
Multiple Sleep Latency Test (MSLT):	CPT 95805

The GBMC Sleep Lab will verify your insurance program and benefits; however, some insurance providers require a Physician's referral, which must be obtained by the patient. If a referral is required, you must bring it with you. If you do not have your referral, we will have to re-schedule your test.