930 Congress St, Portland, Me 04102

Phone number 662-4535

**We ask that you give at least 48 hours notice when cancelling or changing your appointment. Please call Central Scheduling at 661-3000.**

What to do the day of your appointment:

* Unless otherwise directed by your physician, continue to have your child take their medications as usual.
* Feed your child normally on the day of the study. Please have your evening meal before you arrive.
* Avoid caffeinated products.
* Please bring your child to their appointment with clean hair and skin (no lotion). Adolescent males should be clean shaven. NO STUBLE. Grown out beards are acceptable. Patients need to have one fingernail free of nail polish or acrylic adhesives.

What to bring for your child’s appointment:

* Two forms of ID for parent or guardian, one being a picture ID.
* Cotton nightclothes. Two pieces, please no one piece with footy pajamas (shorts and a t-shirt are the best).
* Any medications that your child will need to take before bed and in the morning.
* Your child’s favorite pillow, blanket or stuffed animal. (Things that will make your child feel more comfortable.)
* Toiletries that you will need at bedtime and in the morning.
* Any special snacks your child may need.

What to expect the night of your study:

* We are located on the corner of Gilman and Congress Street. Parking is in our lot on Gilman St.
* For security reasons, our building is locked. You and your child will need to be buzzed in after you are identified as a patient.
* You will be asked to fill out paperwork granting consent for the sleep study.
* Monitoring wires will be applied to your child’s head and body with tape and paste. This procedure is painless. The parent’s assistance with calming and soothing their child is very helpful in successful lead placement. This process takes approximately one hour to complete.
* Bedtime is no later than 11 PM. At this time, lights, TV, cell phones and other electronic gadgets will need to be turned off and remain off during the study.
* Your child’s study will end between 5:45 and 6:15am and you should be ready to leave no later than 7 AM. Transportation should be arranged prior to your arrival.
* Our phone number is 662-4535. Please call if you have any questions.
* **If your child is under the age of 18, we provide a cot in the room for one parent or guardian to stay all night. Due to noise and space considerations, we can only accommodate 1 parent.** We do have a list of local hotels that have discounted rates for MMC patient families.
* **For the health and safety of our patients and employees, smoking and use of tobacco products (including electronic cigarettes) are not allowed at Maine Medical Center and on any MMC properties. This includes our grounds and the sidewalks around our Maine Medical Center buildings.**

Directions:

From the South:

1. I-95 N.
2. Slight right onto I-295 N.  
   (signs for S. Portland/Downtown Portland).
3. Exit 5 to merge onto ME-22 E/Congress St.
4. Continue on Congress St. Do not pass the hospital.
5. Turn Right onto Gilman St.
6. Immediate Right into our parking lot.

From the North:

1. I-295 S towards Brunswick.
2. Take Exit 6A for Maine 100 S/Forest Ave.
3. Merge onto Forest Ave.
4. Keep Right at fork
5. Turn Right onto State St.
6. Turn Right onto Congress St. Go past the hospital.
7. Turn Left onto Gilman St.
8. Immediate Right into our parking lot.