



Sleep Center Facts:

- Secure wing, controlled access
- Convenient, comfortable, and confidential.
- Your names will not be shared with the hotel, nor used by the hotel for marketing/solicitation purposes.
- You will be treated like a guest and cared for like a patient.

Accommodations

Please contact our office if you need an early/late arrival time, 2nd bed for a caregiver/spouse, handicapped accessible bed/shower, or other accommodations.

What we look for:

The sleep technologist will apply sensors for your sleep study which will monitor:

- Quality of sleep
- Sleep and breathing patterns
- Signs of other sleep disorders

Directions

We are comfortably located at:

Homewood Suites by Hilton Manchester/Airport

1000 Perimeter Road
Manchester, NH 03103

From Manchester Airport

Go west on Airport Rd. and turn right onto Perimeter Rd. The hotel is on the right.

From I-293/101W

Take Exit 2 Brown Ave. and follow signs to the airport. Turn left onto Perimeter Rd. and the hotel is on the right.

Contact Us

For additional information, please call **(603) 663-6680** or visit our website at ElliotHospital.org/Sleep



SLEEP HEALTH BEGINS HERE.

[Sleep Study Program Overview](#)



Elliot
Sleep Medicine



Elliot
Sleep Medicine

Welcome

This unique location allows for a more restful, comfortable night's sleep without the noise of being in a hospital and still delivering the expertise and technology you expect from The Elliot. Prepare yourself for your night in the Elliot Sleep Evaluation Center as if you were going to spend a night in a hotel. Please remember that this is a medical facility following hospital policy: no illegal substances, alcohol, or weapons are allowed on the premises.

Please bring all medications (with original label and container), your pajamas (cotton preferred), toiletries, snacks, and reading materials. If you wish you may bring your own pillow. You will not need to bring an alarm clock, as the sleep technologist will wake you in the morning. Free Wi-Fi is available in all rooms. Please turn your electronic devices off at bedtime so they do not disrupt your sleep.

When you arrive at The Homewood Suites you will check in at the front desk and be directed to your room at the Elliot Sleep Evaluation Center. You will be greeted by a sleep technologist and oriented to your room. Then you will be left alone to put away your personal items, change into your nightclothes and relax. Once you get comfortable, the sleep technologist will contact you to begin preparation for your sleep study.

What We Monitor:

Brain Waves

Several sensors are attached to your head with a water-soluble paste. The paste is removed when your sleep study is over. Your hair is not cut or shaved. Needles are not used.

Eye Movements

Sensors are attached with tape near eyes. They do not touch your eye in any way.

Jaw Movement

3 sensors are attached with tape under your chin.

EKG

Sensors are attached to the chest to record your heart's activity.

Leg Movements

Sensors are attached to your lower legs to measure leg muscle activity.

Breathing:

- An airflow sensor is attached with tape to your upper lip.
- Lightweight belts are placed around the chest and abdomen to monitor your breathing effort. These belts are not tight or restrictive.
- A sensor is attached to one of your fingers with tape to measure the amount of oxygen in your blood.

The sensors do not interfere with your sleep comfort and most patients have a similar night's sleep as they do in their own home.

If you have the need to use the bathroom during your sleep study, you may contact your sleep technologist via intercom. The sleep technologist will disconnect the monitoring cable, which will allow you the privacy to use the bathroom. This is a simple process and can be done in a few seconds.

Once your study is complete the technologist will remove all sensors.

Now that your sleep study has concluded, you have several options available:

If you had a nighttime sleep study, you may take advantage of:

- The complimentary Suite Start Buffet Breakfast, available 6am-9am
- The use of exercise and pool facilities.

Your sleep technologist is not able to provide you with the results of your sleep study. Please understand that normal turnaround time for this analysis is 2-3 weeks. Your ordering physician will meet with you to review results during your upcoming visit or via a telephone call.