

Sleep Patient Information

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What to Bring to the Appointment

We consider the first appointment to be a very important opportunity for us to obtain information regarding your sleep issues. The information gained in this appointment help initiates the course of studies and potential treatments that we may pursue to improve your symptoms. We want for you to bring your information with you to the clinic. The following information is important for you to bring:

- Your insurance card
- Physician referral forms if required by insurance
- A list of current prescriptions and/or over-the-counter medications, herbs and supplements you are taking, including dose and frequency and the actual bottles of medicine
- A sleep diary (time you went to bed, time you awoke, how you felt that day)
- Sleep questionnaire-completed prior to clinic visit
- A witness's description of your sleep or events
- Pertinent information about your medical and surgical history
- Any relevant films or records you may have

Insurance and Payment Information

UNC Health Care System is a provider for Medicare and most major insurance plans. See [health plans accepted](#) for a complete list.

We provide insurance billing. Anything not covered by insurance will be your responsibility. We request payment at the time of your appointment for services that are not covered by insurance. Your insurance company may also require you to pay a co-payment at the time of your appointment. When necessary, our staff will work closely with patients who require a payment plan.

If you have any questions regarding which insurance plans we accept or any patient billing concerns, please call us at the phone number below. Questions regarding your coverage and benefits should be directed to your employer or insurance company.

Hospital Affiliation

N.C. Neurosciences Hospital

Notice of Privacy Practices

Notice of Privacy Practices for UNC Health Care System [PDF]

This notice describes how medical information about you may be used and disclosed and how you can get access to this information. Please review it carefully. This notice is provided to all new patients.

Who should be seen in the sleep clinic?

The UNC Sleep Disorders Center is a full service sleep center offering diagnostic and therapeutic interventions for those with sleep complaints. Individuals with sleep related complaints should discuss their sleep symptoms with their primary care doctor. We accept physician referrals for patients with complaints of excessive sleepiness, insomnia and sleep related events, and are happy to work with you and your primary care physician.