

Sleep-Wake Disorders Center – For Patients

General Clinic Information

The UAB Sleep/Wake Disorders Center is located on the 7th floor of the north tower at UAB Highlands Hospital with easy access through the ER entrance on 12th Street South. Parking at UAB Highlands is free. Our mailing address is:

UAB Sleep/Wake Disorders Center

UAB Highlands Hospital, 7-North
1201 Eleventh Avenue South
Birmingham, AL 35205

Office Hours:

Monday through Thursday, 7 a.m. to 4 p.m.
Friday, 7 a.m. to 3 p.m.

Phone/Fax Numbers:

- Sleep Clinic appointments (new or returning patients): (205) 930-7714
- Receptionist: (205) 930-8202
- For additional services: (205) 930-7114 and listen for options
- Fax number: (205) 930-8225

Referrals:

You do not need a referral unless your insurance provider requires it.

Patients must be at least 16 years of age to be seen in the UAB Sleep-Wake Disorders Center. Younger patients are referred to the Children's Hospital Sleep Center [[link](#)].

Testing:

- Daytime testing -- available Monday through Friday
- Overnight testing -- available Sunday night through Thursday night. Patients who undergo overnight testing are seen the following morning by the sleep physician and usually leave the Center by 9:00 a.m.

What to Bring to Your First Appointment

- Your insurance card
- Driver's License
- Any previous sleep study reports from other sleep centers or sleep physicians. Medical information may also be faxed to us at (205) 930-8225 prior to your appointment.
- Any medications that you regularly take, including herbal supplements



Knowledge that will change your world

- The completed Sleep Center Intake Questionnaire that was mailed to you from our office

At the end of your clinic visit, if it is determined that you need sleep testing, you will be scheduled for testing at a later date. You will also be given written instructions that include what to bring to your sleep study and what to do to prepare for your sleep study. You will also be educated regarding what to expect during your sleep study and shown the sleep lab and sleeping rooms.

What to Bring to an Overnight Sleep Study

- Any medications you ordinarily take at night and those that you take first thing every morning
- Shampoo, toothpaste, toothbrush, shower clogs, and other toiletries
- Any special pillows, blankets, or bedding that make you sleep more comfortably
- For women, loose-fitting, 2-piece pajamas are preferred to nightgowns
- Books, magazines—items to occupy your time until lights out

Payment Information

The UAB Sleep/Wake Disorders Center is fully accredited by the American Academy of Sleep Medicine, which is a requirement of most insurance providers. Some insurance providers may require a referral or pre-certification for office visits and sleep studies. If you are unsure what your insurance company requires, please contact them in advance of your appointment. Patients are responsible for checking their insurance provider to determine whether the costs of sleep studies and clinic visits are covered. Your co-pay will be expected at the time of your visit. If you have any questions or concerns, please contact our Billing Customer Service line at (205) 801-6055.

After Hours and Emergencies

The Sleep/Wake Disorders Center is a non-emergency service, therefore patients are advised to contact their primary care physician, emergency room, or call 911 for immediate assistance should a medical problem arise. If you are sick the day of your study, please call (205) 930-7714 and ask to be rescheduled. Patients must be in a stable medical condition during sleep studies.

Problems with CPAP/BiPAP Equipment

Problems with CPAP or BiPAP machines or other DME (durable medical equipment) should be reported to the DME company that provided the equipment to you. All CPAP and BiPAP machines have stickers on them with the name of the DME company and a phone number where they can be reached 24 hours per day, 7 days per week. The Sleep Center does not provide any service to equipment purchased or rented through a DME.