

THE PEDIATRIC SLEEP DISORDERS CENTER OF NORWALK HOSPITAL DIRECTIONS

I-95 Northbound (from New York):

Take Exit 14 towards South Norwalk. Continue onto Reed St towards the Tourist Center. Turn left onto West Ave. The Sleep Center will be on the left. Parking in back.

I-95 Southbound (from New Haven):

Take Exit 15 onto Route 7 towards Norwalk. Take the exit for the Maritime Aquarium/South Norwalk. Keep right onto West Ave. The Sleep Center will be on the left. Parking in back.

Merritt Parkway, Northbound (from NY):

Take Exit 39, going right (South) directly onto the Rte-7 Connector (follow signs saying "to I-95"). Get off at Exit 1; turn right onto Van Buren Avenue (US-1). Turn right onto Belden Ave. Belden Ave. becomes West Ave. The Sleep Center is on the right. Parking in back.

Merritt Parkway Southbound (From New Haven):

Take Exit 40A towards Route 7 South Norwalk. Turn right onto Cross St. Turn left onto Belden Ave. Belsen Ave becomes West Ave. The Sleep Center is on the right. Parking in back.

Rte. 7 Southbound (From Danbury):

Above the Merritt Parkway, just inside the Norwalk line, turn right onto the Route 7 Connector access road (directly opposite the Department of Motor Vehicles building). Follow signs "To I-95" onto Route 7 Connector. Take Exit 1; turn right onto Van Buren Avenue (US-1). Turn right onto Belden Ave. Belden Ave becomes West Ave. The Sleep Center will be on your right. Parking in back.