

What To Expect At Your Overnight Sleep Study

ARRIVAL

It is very important to arrive on time for your appointment. If you are more than 1 hour late, we will have to reschedule your test. Please call your sleep center if you are running late.

When you arrive for your sleep study, the technologist will check you in and take your height and weight. They will show you to your room where you will complete some paperwork about your day and what medications you are taking. You will then prepare for bed, changing into your pajamas and brushing teeth.

PREPARATION

About 30 minutes after your arrival, your sleep technologist will come in and start the wiring process. They will prep the spots on your skin where they will be applying sensors with alcohol and an abrasive cleanser. They will apply the sensors with conductive cream to pick up your body's electrical signals. You will have sensors attached to your scalp (to monitor brainwaves), face (to monitor eye movements and chin movements like teeth grinding), chest (to monitor your breathing muscles and heart rhythm), and legs (to monitor leg movements during sleep). You will have two soft belts placed around your chest and stomach to measure your breathing effort and two monitors at your nose to measure your breathing. A finger probe will be placed on your finger to measure oxygen level in your blood during your test.

SLEEP TESTING

About 1 ½ to 2 hours after your arrival, it will be time to start the sleep test. The technologist will have you lie down in bed. They will perform some tests to ensure the wires are working okay. They will ask you to do some movements for this – grind your teeth, move your feet, and hold your breath, for example. They will then come in and obtain your blood pressure. They will check to make sure you are comfortable. They can provide blankets, fans, extra pillows and adjust lighting to help you feel relaxed. They will ask you to sleep on your back some – this will help us diagnose you, if you do have sleep apnea. There is a video camera and intercom in each room so we can see the positions you are sleeping in, identify any unusual behaviors (sleep walking, acting out dreams) and to hear you if you need anything during the night, like to use the bathroom.

TREATMENT

The main sleep disorder treated at the Sleep Center is sleep apnea. This is where you stop breathing repeatedly during the night. If we see enough of this sleep apnea to properly diagnose you in the first 3 hours of your test then, with your permission we will come in and

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place you on CPAP (continuous positive airway pressure) to treat you. This is a mask that sits at your nose or over your nose and/or mouth which blows air into your airway to prevent your airway from closing as you sleep. During this process we slowly increase the pressure of air to find the right treatment pressure for you. There are many different types of masks, so if you are not comfortable with the mask you are started on, please ask the technologist to try a different one. There are times where we do not see enough sleep apnea or sleep in the first part of the study, but more during the last part of the study. This can occur when sleep apnea is related to the position you sleep in or stages of sleep you are in. When this happens, we may not treat you that night, but have you come back for a second sleep study with treatment, so we have enough time to find the right treatment pressure for you.

We evaluate and diagnose many different sleep disorders. We can tell how long it takes you to fall asleep, or how long you are awake during the night to help diagnose insomnia. We can see if you have leg jerks during the night that may be related to restless legs syndrome. We can also tell if you have any unusual brainwave activity indicating seizures, or if you have unusual sleep behavior such as sleep walking, sleep talking or acting out your dreams. If the clinician suspects any unusual behavior, they may request that we apply extra sensors to your scalp and have us record your video during the night to review.

INSTRUCTIONS FOR STUDY

1. Please continue taking all prescribed medications unless otherwise instructed by the Sleep Clinician.
 - If you need to take any medication while you are in the laboratory, bring them with you in the original prescription container. If medications are not in the original container, you must be able to identify and know the purpose for each pill. All other meds should be left at home.
 - Please do not forget any sleep medication if one is prescribed during your consult or follow-up appointment with the clinician. You may also bring any over-the-counter sleep aid if you plan to take one during your sleep study. **DO NOT** take them while you are still at home and please inform your sleep technologist that you are planning to take one.
 - We are an outpatient facility and will not be able to provide you with any medications. Wiring takes some time and it may prove to be difficult to wire anyone that is already feeling drowsy or sleepy.
2. Please **DO NOT** drink ANY alcohol on the day of your sleep study unless otherwise instructed by the Sleep Clinician.
3. Please **DO NOT** drink ANY stimulant/caffeinated beverages AFTER 12 noon. Therefore, avoid coffee, tea, soda, etc.
4. Please **DO NOT** take ANY naps on the day of your study unless absolutely necessary.

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5. Please shower, but **DO NOT** add oils or lotions to your body and hair before coming into the lab. Use shampoo only.
6. Please **DO NOT** wear dark nail polish or long acrylic nails. They interfere with the signal of the finger probe.
7. We must be able to attach sensors directly to your scalp. Please keep this in mind with any hair pieces you might wear (such as tight weaves). The study will have to be cancelled if we cannot access your scalp. For gentlemen, a clean shaven chin would be appreciated but not necessary.
8. Please remember to wear your portable oxygen to the center if you wear it during the day.

WHAT TO BRING

1. Medication List - even if one is already on record (list medication name, dosage, time taken, and purpose)
2. Sleepwear - We suggest two-piece sleepwear (like a t-shirt with a pair of shorts) rather than a nightgown for female patients. Males must wear top and bottom. Try not to wear anything made of satin or silk material.
3. Toiletries - toothbrush, hairdryer, shampoo – the laboratory supplies towels and generic toiletries if needed.
4. Bring juice, crackers or whatever you may need if you are a diabetic and need a snack during your stay.
5. If you are a CPAP user, please bring your mask on the night of your study.
6. Beddings provided include a fitted sheet, flat sheet, 2 pillows, and a light weight blanket. Extra blanket/pillows will be provided upon request. You are also encouraged a favorite pillow.
7. You may have 1 or 2 family members sit with you before bedtime while the technologist is preparing you for the study, but all visitors must leave at bedtime.
8. You may bring a book, magazine, etc to help pass the time during wiring or before the scheduled bedtime. If you are scheduled for additional daytime testing, bringing these items and other activities will help keep you awake between naps (laptop, movies, etc).

WAKE UP

Approximately 7 to 7 ½ hours after the start of your test, your technologist will wake you up and end the study. They will obtain a morning blood pressure and take off all the sensors. You will have morning paperwork to fill out about how you slept during your study. Please make sure you fill out these forms completely. We have showers available for you. You will have cream in your scalp which is water soluble and comes out well with soap and hot water, so taking a shower before going to work is advisable. We expect that you will be ready to leave the Sleep Center within 1 hour of your wake up time.

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RESULTS

Your sleep study is reviewed by a daytime technologist and interpreted by a Board Certified Sleep Specialist. They write a report with your results which is sent to your referring physician. You will have a follow up appointment within 2 weeks of your test to review the results with your sleep clinician and discuss treatment and next steps. If you are unsure of when your follow up appointment is, please call the office to find out or schedule one.

Please remember to take your belongings with you the next morning or at the end of your study. We are not responsible for any valuables you bring into the hospital.