

## WHAT IS A SLEEP STUDY?

A sleep study (polysomnogram) is a medical diagnostic study, performed to find out if you are getting a restful night's sleep, and if anything is causing your sleep to be disrupted.

Some treatable medical conditions can interrupt your normal sleeping patterns, without you even being aware of them. These medical conditions do not allow you to reach deep and a restful state of sleep, as you should. As a result, you may never feel completely refreshed when you wake up in the morning. You may feel very sleepy during the day, and your energy and concentration may be affected. You may also have trouble staying awake on the job, at home, or in the car. The only way your physician can find out if one of these sleep conditions are present is to test your sleep, during a sleep study.

Before you have a sleep study, you will be asked to fill out a detailed sleep history questionnaire. Your answers to these questions will help our physician and the sleep disorder technologist decide what type of testing should be used during your sleep study.

During the sleep study, a sleep disorder technologist will set up monitoring equipment at your bedside. Then, the technologist will attach a number of sensors called electrodes to your head and legs, and connect the sensors to the monitoring equipment. The technologist will also wrap two comfortable, elastic belts around your abdomen and chest in order to monitor your breathing during the test. You will experience no discomfort during the process.

The equipment and sensors will record and monitor signals such as your brainwaves (EEG), respirations, muscle activity, and snoring while you are asleep.

The sleep study is completely painless. Remember, the purpose of the study is to measure the way you normally sleep. If the sleep study were to be uncomfortable in any way, your doctor could not get a normal picture of your sleep patterns. Most people find that undergoing a sleep study is a new and interesting experience.

When you wake up in the morning, the sleep study will be over. The monitors will contain an entire night's information on how you have slept.

The following are some answers to questions you may have regarding the test.

### 1. What is a polysomnogram?

The polysomnogram is a test which measures bodily functions during sleep. Each test may vary depending on the patient's specific needs. Some of the measurements, which may be taken include: brain waves (skin surface electrodes on the head); eye movements (skin surface electrodes above and below the eyes); muscle tension (skin surface electrodes on the chin); leg movements (skin surface electrodes on legs); breathing (elastic belts wrapped around your chest and abdomen) and blood oxygen levels (a small sensor is attached to the ear, finger or toe, and no blood samples are actually taken).

### 2. Why do we record all these things?

During sleep the body functions differently than while awake. Disrupted sleep can disturb daytime activities. Also, the information could help identify medical problems that may occur during sleep.

### 3. How can I sleep with all these "things" on me?

Surprisingly, most people sleep very well even with this monitoring equipment in place. Generally, you will lose all of your awareness of the attached monitoring equipment after it has been attached for a short time.

### 4. Will the sensor devices hurt?

No. Sometimes there is a mild, short-term skin irritation when attaching the sensor devices or a sensation of warmth when attaching the oxygen sensor. These sensations do not normally cause significant discomfort.

### 5. Are these tests covered by insurance?

These tests are covered, at least in part, by most major health care insurance carriers, or Medicare and Medicaid. Each patient should, however, check with their health insurance carrier for specific details.

### 6. What happens after the polysomnogram?

The record of your sleep test, stored electronically, will be analyzed by a sleep disorder technologist and a sleep disorder specialist physician for interpretation. This interpretation will then be used to confirm a diagnosis and develop a treatment plan. Your family physician will review the report, and talk with you regarding your treatment plan.

## HOW DO I PREPARE FOR A SLEEP STUDY?

Your doctor has prescribed a sleep study to help decide whether or not you have a sleep disorder. On the day of your scheduled sleep study, the most important thing you can do is also the easiest—just follow your normal routine.

### Other preparations that you should make on the day of the sleep study are:

- Remember to bathe or shower, and to shampoo your hair.
- Avoid using any skin creams, oils or hair conditioners after bathing.
- Try to eat your evening meal before 7 pm.
- Try to avoid foods that contain caffeine – like coffee, tea, colas, and chocolate.
- Try to avoid drinking alcoholic beverages—like beer, wine, and liquor.
- You may be asked to shave if you have stubble on your face. The facial sensors adhere better to clean-shaven skin, or longer facial hair. You may be asked to remove acrylic nail polish or the acrylic nail on one of your fingers to ensure accurate monitoring.

### What you need to bring with you on the night of your sleep study:

- If you are diabetic, bring blood glucose monitor and supplies.
- A current list of your medications (prescription and non-prescription). A medicine list is included in this packet for your convenience. Bring any medications you may need throughout the night or the next morning.

- If you'd like a snack during the evening, feel free to bring one with you.
- Bring your own pajamas. Patients are not allowed to sleep only in undergarments.
- Bring your favorite pillow.
- Toiletries or other personal hygiene items. Showers are available for your use.

### When You Arrive

The sleep center is located in a locked and secure building. When you arrive, please ring the bell. A technician will unlock the door remotely so you can enter.

### The morning after your sleep study:

- You will visit with a physician sometime between 8–11 am. The physician will review preliminary results of the study and discuss the next steps.
- Some of our patients will visit with a physician during the morning after their sleep study. This is to review preliminary results of the study and discuss the next steps.
- Some of our patients will follow-up with the physician that referred them for the sleep study within one to two weeks after the study is complete. We will remind you to make a follow-up appointment with your physician.
- A continental breakfast will be available.

If you must cancel your test, please contact us at least 48 hours prior to your appointment.  
Call our staff at 651-232-1212 during business hours, 8:30 am to 5 pm.