

## **Preparing for Your Sleep Study Center for Sleep Disorders (920) 926-5020**

A sleep study, or polysomnogram, is a recording that is used to help identify and diagnose sleep disorders. Review the following information to learn more about your sleep testing procedure. Follow the instructions carefully. Please arrive promptly at your scheduled time, if you will be running late, need to cancel or reschedule your sleep study appointment, call (920) 926-5020. **Please give 24 hours notice.**

### **Why do I need a sleep study?**

A sleep study is the most accurate way to diagnose sleep disorders. Brain activities and body systems and their relationships will be monitored throughout the night. A sleep disorder can cause serious heart conditions, driving and job related safety risks. A sleep specialist will review and interpret your study to help you understand your specific sleep patterns and sleep concerns. Treatment recommendations will be made if evidence of a sleep disorder is found. On occasion an additional sleep study might be ordered for a full diagnosis and follow-up treatment.

### **Preparing for the sleep study**

- On the day of your sleep study, avoid caffeine (coffee, tea, soda, chocolate) or alcohol after 12 noon.
- Do not take a nap.
- Wash and dry your hair with shampoo only--do not apply hair sprays, oils or gels.
- Do not use any facial or body lotions.
- Men should have a clean shaven face (this is only if you don't have a beard); Please make sure you shave even a day's hair growth.
- Pack an overnight bag, as you would for a stay at a hotel or friend's house. You may bring books or magazines to read during wake times, or a hobby such as knitting, etc.
- Nightclothes must consist of a top and bottom. You may wish to include your own pillow(s), anything that you like to sleep with and a change of clothing.
- Bring your medications if you will need them during the time you are with us.
- Do not have fake (acrylic) or polished nails.
- If diabetic, bring along medications, snacks, and your testing monitor (as this is not provided by the Sleep Center).
- If you have special needs, inform the sleep center staff so they can accommodate you.

### **Should I take my medication(s) as usual?**

Tell your sleep professional about any prescribed or over-the-counter medication that you are taking. Some medications can affect sleep and the interpretation of a sleep study and may need to be discontinued gradually prior to a sleep study. Do not discontinue any prescription medication without first talking with your healthcare professional.

### **What if I am not feeling well?**

We want you to sleep as close to your normal routine as possible. If you become ill, have the flu, are coughing, congested, have severe pain, or have had a recent surgery,

please call the Sleep Center so we can discuss your concerns and determine if we need to reschedule your appointment.

### **What will happen when I arrive at the sleep center?**

When you arrive at the sleep center a technician will greet you and show you to your bedroom. There will be some paperwork for you to complete. You will see a video and be given time to ask questions. Please inform the technician of any changes in your sleep, or of specific difficulties that you may not have discussed with your healthcare professional. If you have a commitment in the morning (Example: You need to be at work at a certain time), inform the sleep technician prior to your study so your wake-up time can be confirmed.

The sleep technician will apply approximately two-dozen sensors (monitoring electrodes) to your head and body using an adhesive (such as tape or paste). Most people do not find these to be uncomfortable or an obstacle to falling asleep. The sensors monitor the activities that go on in your body during sleep. These activities include brain waves, muscle tone and movements, eye movements, breathing through your mouth and nose, snoring, heart rate and leg movements. Flexible elastic belts around your chest and abdomen measure your breathing. A clip on your finger monitors the level of oxygen in your blood and your heart rate. *None of these devices are painful or involve needles, and all are designed to be as comfortable as possible.*

If you have questions or concerns about the application of electrodes (Example: You wear a hearing aid, a hairpiece or are sensitive to certain chemicals or adhesives), contact the sleep center staff *before* you arrive at the center.

### **How will I be able to sleep in a strange environment with all those wires on me?**

We understand that your sleep in the center may not be exactly like your sleep at home. This usually does not interfere with obtaining the necessary information from your sleep study in order to arrive at an accurate diagnosis. At St. Agnes Hospital's sleep center, the surroundings (and especially the bedrooms) are homey and comfortable, like a hotel room. Most patients fall asleep quickly. Patients who have difficulty falling asleep may be offered medication, but most people do not need it, even people with insomnia.

### **What happens during the sleep study?**

The sleep technicians use special equipment to monitor your sleep throughout the night. The technician and the equipment they use are located in a nearby work station that is separate from your sleeping room. You will be able to roll over and change positions almost as easily as you would at home. The electrode wires are gathered together in a ponytail behind your head. During the night the sleep technician will ask you to sleep on your back as much as possible. Your sleep will be digitally recorded for later review of any abnormalities observed during the study.

While you are sleeping, various important body functions and measurements are monitored and recorded. If a breathing concern is observed during your study, the technician may awaken you and ask you to try a device that treats breathing concerns during sleep. If this is a possibility, your sleep specialist or technician will generally discuss this with you before you go to bed, and the use and purpose of the

device will be explained. This device, called a “continuous positive airway pressure” device (CPAP), includes a small mask that fits over your nose, nose and mouth or soft silicone plugs that fit into your nostrils. If you will be trying CPAP during your sleep study night, the technician will usually find a mask in advance that will fit comfortably, and will usually give you a chance to practice with the device before you go to bed. If a breathing concern is observed during the night, please note that additional studies may be needed.

### **What if I need to go to the bathroom while I’m hooked up to all those wires?**

Simply talk out loud that you need to use the bathroom and the technician will hear you, come into your room and assist you to the bathroom. You are free to get up and use the bathroom privately.

### **What happens if I am scheduled for a multiple sleep latency test?**

Sometimes an additional test, called a multiple sleep latency test (MSLT), is needed as part of the overall sleep evaluation. This test requires that you stay at the sleep center the next day for a series of five, short, timed naps beginning the morning after your overnight study. The naps are scheduled at set intervals throughout the day.

Your sleep patterns will be monitored with most of the same recording equipment used the night before. The amount and type of sleep you get during naps can help the sleep specialist understand your daytime sleepiness better and make decisions about specific sleep disorders and treatments. You will be informed of needing to stay for this test when scheduling your overnight sleep study. You will need to plan ahead so you can make arrangements with your employer.

MSLT patients only are provided a complimentary breakfast and lunch. Please tell the sleep technician if additional snacks are desired or you are diabetic. (No chocolates or caffeine). Between naps you will be allowed to watch TV, VHS or DVD movies. You may choose some from our selection or bring favorites from home. Please bring along a hobby or project to work on.

### **What happens after my sleep study?**

The sleep study’s analysis and interpretation are part of a complex process. Many hours of work are required by specially-trained professionals to score and interpret the significant amount of data gathered during the night. A sleep technologist processes or “scores” the data recorded during the study. A sleep specialist with special knowledge of sleep and its disorders then interprets the information. A typical sleep study comprises the equivalent of nearly 1,000 pages of data of various kinds (Example: brain waves, muscle and eye movements are reviewed in detail). Because this is a time-consuming and labor-intensive process, it will take time to receive the results of your study—typically, one to two weeks. Please understand that the sleep technologists **can not** give you immediate results in the morning. ***You will need to call your sleep specialist and schedule a follow-up appointment to receive the results of the test.***

### **Summary**

A sleep study is somewhat like spending a night in a hotel. The difference is, during a sleep study you will have sensors attached to your body and someone will be monitoring your sleep. We hope that your experience at the St. Agnes Hospital Center for Sleep Disorders a pleasant experience. Understanding the sleep process and the evaluation of sleep disorders will help you take an active and positive role in your medical care.