

Today's Date: \_\_\_\_\_

You are scheduled to have a sleep study at *Sleep & Diagnostic Center* on \_\_\_\_\_ at  
\_\_\_\_\_ **P.M.**

*If for any reason you need to cancel or reschedule a **48-HOUR NOTICE IS MANDATORY**. Please inform our staff of any changes. If you fail to do so, a \$175.00 cancellation fee or \$300.00 no show fee will be directly billed to you. Health plan insurances do not cover these types of expenses.*

**ABOUT POLYSOMNOGRAM (Sleep Study):** A Polysomnogram is a measurement of brain waves, eye movement, muscle activity, heart rate, and respiratory function. A sleep disorder can have an adverse effect on one's health and quality of life, which may include disrupted sleep apnea. If left untreated, it may result in hypertension, headaches, stroke, heart attack, fatigue related to vehicle and work accidents, and decrease in quality of life.

If your physician orders what is called a "split study," this means that if you stop breathing (obstructed sleep apnea) a certain amount of times during the sleep study or your oxygen levels drop, we will use a device called a CPAP (Continuous Positive Airway Pressure) to establish the appropriate pressure if you snore. We will show you a video before you go to bed that will explain this device and the reason for its use in more detail.

**WHAT TO EXPECT:** It takes approximately 45 minutes to 1 hour to get you "hooked-up." Surface electrodes will be applied to your scalp, chin, legs, and near your eyes. This will enable us to evaluate your brain waves, muscle tone and sleep stages. Respiratory monitoring devices will be placed on you to monitor nasal airflow and chest movement. This is necessary to identify any apnea (cessation of breathing) during your sleep. Your heart will also be monitored. Once the set up is complete, you will be able to read, watch T.V and/or simply relax for a while. Once you go to sleep, a sleep technician will monitor you from the control room, while you sleep. We prefer lights out by 10:30 p.m. We would like you to sleep at least six hours or more.

If you have an upper respiratory infection (e.g. coughing, congestion, fever, etc.) please notify us 24 hours prior to your appointment to cancel or reschedule. If you fail to do so, a fee will be directly billed to you. Health plan insurances do not cover these types of expenses.

**PREPARATION:**

- Avoid caffeine drinks 8-12 hours prior to testing. (E.g. coffee, tea, soda, chocolate, etc.)
- Avoid alcoholic beverages 24 hours prior to testing
- Avoid sleeping tablets or tranquilizers (if you take any sleeping aids please bring them with you at the time of your visit.)
- Please arrive showered with hair clean and dry.
- Please eat a good meal prior to your stay with us.

**PLEASE BRING:**

- The attached questionnaire packet (completed)
- Any medications prescribed by your physician that are required to be taken
- Comfortable sleep attire
- Regular day clothing for the next day, if desired.
- Please bring any necessary hygiene products such as toothpaste, toothbrush, soap, etc.
- A caregiver or family member if any assistance is needed- **REQUIRED**

### Most Frequently Asked Questions about Sleep Studies

**1. Why do I need a Sleep Study?**

Your doctor believes you show signs of sleep apnea, or he/she wants to rule out sleep apnea. Indications of sleep apnea are: excessive daytime sleepiness, snoring, gasping for breath during sleep and difficulty falling asleep. These are just a few symptoms associated with sleep apnea.

**2. What is a Sleep Study?**

A sleep study is a diagnostic test using elements and wires that provide several types of measurements used to identify different sleep stages and classify various sleep disorders. This procedure is not painful or uncomfortable and is very safe. Small sensors are connected to the head, face, chest and legs of the patient to monitor different brain and body activities including brain waves, eye movement, heart rate, respiration and muscle movements.

**3. Can I fall asleep with all those wires on me?**

Every effort is made to make the study as comfortable as possible so that it feels like another night to you. The sensor wires are gathered together to make it easy for the patient to roll over and change position. After a few minutes in bed, you will not even feel the presence of the sensors, and they can be easily disconnected if you need to go to the bathroom in the middle of the night.

**4. What should I expect during my sleep study?**

While the patient is sleeping, various important body functions and data are being monitored and recorded. All the information gathered via the sensors are fed into the computer. The technician is monitoring the equipment throughout the duration of study in a separate room. Our technologists are experts in sleep recording procedures and will be happy to answer any questions you may have. Depending on your sleep study if a respiratory or breathing problem is observed during sleep the patient can be woken up to try a device that treats breathing problems. This device is a Continuous Positive Airway Pressure (CPAP), which includes a small mask that fits around the nose.

**5. Will I need to take my medications the night of my sleep study?**

Yes. The patient should not discontinue any prescription medication without consulting his/her doctor first. However, it is important that the patient write down in the questionnaire that she/he is given before the sleep study, any medication that he/she has been taking. If you are beginning a new medication that you have not taken for more than a week please let our technician know, to insure it does not affect your sleep pattern.

**6. Are there any recommendations that I should follow on the day of my sleep study?**

It is important that the patient's hair is thoroughly dry and free of oils or sprays for the study. We recommend that the patient not take any naps on the day of the study and should limit themselves to 2 caffeinated beverages (including coffee, tea, or soft drinks containing caffeine) 12 hours prior to the study. No alcoholic beverages should be consumed on the day of the study.

**7. What should I expect after my sleep study?**

About 5 - 14 business days after a sleep study, the results will be compiled and forwarded to your physician. Your physician will then go over the results with you and make his/her recommendations. Please note that the technologist performing the study will not have any information regarding your diagnosis.

**Name:** \_\_\_\_\_ **Occupation:** \_\_\_\_\_ **Age:** \_\_\_\_\_

**Date of Birth:** \_\_\_\_\_

Gender: (Circle) Male / Female

Height: \_\_\_\_\_ Weight: \_\_\_\_\_ Weight in High School: \_\_\_\_\_ Neck Size: \_\_\_\_\_ in.

**Main Sleep Complaint (Circle):** Daytime Fatigue / Insomnia / Snoring/ Tossing and Turning/  
Night Sweats / Restless Legs / Frequent Awakenings / Other \_\_\_\_\_

Physician's Name \_\_\_\_\_