

# Sleep Study

## Sleep Study

Your health care provider has referred you for a sleep study to help diagnose the underlying cause of your sleep problems. Based on signs and symptoms you have reported, you may have a condition called sleep apnea.

Sleep apnea is a breathing disorder that is serious and can be life-threatening. Some common signs of sleep apnea are:

- snoring with pauses in breathing
- choking or gagging during sleep
- feeling excessively sleepy during the day.

Some people with sleep apnea give up favorite activities because they are so tired from not getting a good night's sleep.

Left untreated, sleep apnea could lead to heart problems, automobile accidents, symptoms of depression, high blood pressure and stroke. A sleep study will help determine if you do have sleep apnea. It will also help your health care provider choose the right treatment for you.

During your sleep study (polysomnography) you will have a number of body functions recorded such as:

- brain, eye and muscle activity
- breathing and air flow
- heart rate
- oxygen levels.

## Before Your Sleep Study

You do not need to do anything to prepare for the study. Take any medicines as usual unless your health care provider tells you otherwise.

## The Day of Your Sleep Study

- Take any medicines as usual before you come, or bring them with you.
- Bring a list of your medicines.
- Bring your daily planner or calendar for scheduling your follow-up appointment.
- Bathe as usual and wash and dry your hair. Avoid using any hair or skin products so study equipment will adhere properly. This includes gel, hair spray and lotions.
- Avoid any caffeine after noon to help you sleep better.
- Bring:
  - medicines you take at bedtime
  - pajamas or other clothes that are comfortable to sleep in
  - your toothbrush, toothpaste and other items you need to get ready for bed
  - your own pillow, if you think you will sleep better with it.

You will have your own room for the study. Linens and other bedding will be provided for you.

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## Registration

Please register at the Emergency Department desk when you arrive for your study.

## What to Expect During Your Sleep Study

To record your body functions during a polysomnography you will have:

- small metal electrodes attached to your skin with adhesive
- elastic belts around your chest and abdomen
- a clip on your finger.

These devices are painless and are made to be comfortable. You should not have trouble changing positions with them attached. The recording equipment and the technician will be in another room.

If you have breathing problems, the technician may awaken you and ask you to try using continuous positive airway pressure (CPAP). You will have a small mask over your nose that provides a gentle stream of air to help keep your airways open for easier breathing. Sometimes, sleep study patients return for a second night to try CPAP. You may need to start using CPAP therapy at home.

## Your Follow-up Appointment and Sleep Study Results

You will schedule a follow-up appointment at the sleep clinic for 4 weeks after your study or 4 weeks after you receive your CPAP. This will allow enough time to interpret the information from your study and for you to try your CPAP at home, if prescribed. You will get the results of your study at this appointment.