

# **Sleep Studies**

## **A Patient's Informational Guide**

### **Types of Sleep Disorders**

- Apnea (blocked airway or incorrect brain signals)
- Advanced Sleep Phase Syndrome (sleeps/wakes too early)
- Bruxism (teeth grinding)
- Delayed Sleep Phase Syndrome (sleeps/wakes too late)
- Fibromyalgia (muscular pain affecting sleep)
- Gastroesophageal Reflux (heartburn)
- Hypersomnia (excessive daytime sleepiness)
- Insomnia (inability to sleep or sustain sleep)
- Narcolepsy (uncontrollable urges to sleep)
- Nightmares (frightening dreams that can be recalled)
- Nocturnal Hyperphagia (eating while asleep)
- Panic Disorder (awakening with chest pain and panic)
- Periodic Limb Movement Disorder (limb movements)
- REM Behavior Disorder (dream enactment while asleep)
- Restless Leg Syndrome (leg movements preventing sleep)
- Rhythmic Movement Disorder (head banging, body rocking)
- Shift Work Disorder (sleep problems due to shift hours)
- Sleep Hyperhidrosis (extreme sweating while asleep)
- Sleep Paralysis (inability to move upon awakening)
- Sleep Terrors (unremembered frightening dreams)
- Somnambulism (waling/performing activities while asleep)
- Somniloquy (talking during sleep)
- Plus over 50 others

## **Most Commonly Asked Questions**

### **What is a sleep study?**

Usually performed in a private sleep room, a sleep study involves the analysis of your body's sleep patterns. This involves the placement of special sensors to record the activity of your heart, lungs, brain and muscles. It also monitors the air flow from your nose and mouth, as well as the level of oxygen in your blood.

### **With an overnight sleep study, will I need to take the next day off?**

Not usually. Before bedtime, give the technologist your time schedule so that ample time can be allowed for getting up, removing the sensors and freshening up before you leave.

### **Will I be given any shots, injections, or medications during my sleep?**

No. The only medical devices which will be used are special sensors and they are placed on the surface of your skin using an adhesive.

### **If I usually take over-the counter or prescription drugs before bedtime, would I before a sleep study?**

Normally yes; however, we ask that you check with you referring physician prior to your study to be sure.

### **Can I get up to use the restroom during the night?**

Yes. The technologist will show you what needs to be done if you need to get up during the night -- or, you may call the technologist to assist you at that time.

## Preparing For Your Study

The following preparations should be made just before your overnight stay:

- Shower and shampoo your hair
- Avoid using anything on your hair after it has been cleaned and dried (i.e. gel, cream, hairspray)
- Do not wear makeup or jewelry
- Do not use creams or lotions on your face or body
- Do not wear acrylic nails or hair braids/weaves that can affect sensor placement
- Pack your sleepwear (which is required) and toiletries
- Bring your reading glasses, if applicable for use in completing paperwork
- If you prefer, bring your favorite pillow and blanket – and any reading material or other items that can help you pass the time before bedtime

## During Your Sleep Study

When your study begins, the technologist will ask you to be seated and the process of placing special sensors on various points of your body will begin.

Depending on the type of sleep study prescribed, the sensors may be placed in the following locations:

- On your scalp
- On your forehead
- On your temples
- Near your eyes
- Under your nose
- On your chin
- On your finger
- On your chest
- On your leg

The technologist will explain the purpose of each sensor as it's being placed. Sensors are placed using a type of medical paste – and you should not experience any pain or discomfort with this process.

Shaving is unnecessary for sensors placed on the scalp – a simple hair part will be used. Some shaving may be necessary on the chest and on the leg if the patient has heavy body hair that would impact the quality of the sleep study.

After the placement of the sleep monitoring gear, you are free to relax until bedtime. Please inform the technologist of your normal sleep and waking times. When possible, we will try to accommodate your sleep schedule.

## **At Bedtime**

Just before bedtime, the technologist will attach the long leads (wires) from your sensors to the computer monitoring system that is located at your bedside. Again, there is no pain or discomfort.

While it might seem a bit awkward to sleep with the many wires running from your sensors to your bedside monitoring equipment, it should not create any discomfort or impair your normal ability to sleep or to get up during the night, should you need to use the restroom.

The technologist will be nearby and will be continually monitoring your sleep study on our sleep diagnostic system.

## **When Getting Up**

Following your sleep study, the monitoring gear is removed. In those areas of the body where sensors were placed over body hair, there may be a slight pulling sensation when the sensor is being removed, much like the removal of a band-aid.

You may use the restroom, freshen up and get dressed for discharge. The results of your sleep study will be forwarded to your sleep physician for interpretation and the recommendation of a treatment that's right for you.

## **Getting Your Results**

The Physician, who ordered your sleep study, should have the results ready within one to two weeks. Also, the results and recommended treatment may be shared with your primary care physician. Depending on your diagnosis, either the doctor ordering your study or your sleep physician will be handling your treatment.

With certain sleep disorders, such as sleep apnea, it may be necessary for you to return to the sleep laboratory for a second therapy related study. Your treating physician will make the determination.

## **Treatment and Therapy**

Treatments and therapies vary, depending on the type of sleep disorder. Some include:

- Positive airway pressure devices that help to keep the airway open during sleep;
- Medications
- Surgery in nasal/airway region
- Lifestyle changes
- Weight loss and exercises
- Or, dental appliances

When continuous positive airway pressure (CPAP) is prescribed, you may be able to return to us for CPAP education, set-up and treatment.