



SLEEP STUDY INFORMATION

A sleep study is a medical diagnostic study, to find out if you are getting a restful night's sleep.

Some medical conditions can interrupt your normal sleeping patterns, without you even being aware of them. These medical conditions never let you reach as deep and restful a 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 extremely sleepy during the day. Your energy and concentration levels may be affected. You may have trouble staying awake on the job, at home, or in the car. The only way your physician can find out if you have one of these sleep conditions is to test your sleep during a sleep study.

When you arrive, the sleep study technologist will set up monitoring equipment at your bedside. Then, the technologist will attach soft electrode patches to your head, face chest, and legs, and connect the patches to the monitoring equipment. The technologist will also wrap two belts around your chest and stomach. You will experience no discomfort during this process.

The monitors will record your life signs - your brainwaves, your breathing, movements and any possible snoring while you are asleep. If you have any difficulty sleeping, the monitors will record this difficulty, so your doctor can see it. Likewise, if you have no difficulty sleeping, the monitors will record a perfect picture of your sleep patterns.

The sleep study is completely painless. Remember that 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.

You will be able to change positions while sleeping and if you need to use the restroom, the technologist will quickly unhook the main wire and reattach it when you are done.

When you are woken 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 sleep study technologist will come to your room and unhook the wires. Once read, the physician reading the study will send a printed report of your sleep patterns to your physician. This usually takes about 4 business days.

Your physician will look at your sleep study results, and decide whether you need a second sleep study with CPAP. If you do need additional help sleeping, your physician will discuss different ways to help you get the sleep you need.

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

1. What is a Polysomnogram?

The Polysomnogram is a test that measures bodily functions during sleep. Each test may vary depending on the patient's specific needs. Some of the measurements that 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 legs); leg movements (skin surface electrodes on the legs)

- Breathing sounds (air movement sensors attached near the nose & mouth)
- Blood Oxygen Levels (a small sensor is attached to the ear, finger or toe, and no blood samples are actually taken).

Several electrodes, sensors and monitoring equipment will be attached to your body with tape or paste prior to bedtime. These sensors transmit output data to a computerized recording that is continuously monitored by a qualified technologist. The technologist will be monitoring and documenting throughout the night and will be available to assist you with trips to the restroom, if needed. You may also be video/audio monitored to document sleep position, snoring, and any other activity that occurs throughout the night (it is NOT recorded). If your physician has ordered a “split night study”, the technologist will prepare you for the possibility of using CPAP (Continuous Positive Airway Pressure) therapy after approximately 2 hours of diagnostic monitoring. CPAP is a therapy used to treat obstructive sleep apnea. Positive air pressure is delivered through a nasal or nasal/oral mask and splints open the airway. This positive pressure will prevent obstruction or collapsing of the airway which causes apnea (pauses in breathing). During this portion of the testing, the technologist will adjust the levels of air pressure to determine which level best works for you.

2. Why record all these things?

During sleep the body functions differently than while awake. Disrupted sleep can disturb daytime activities and, at times, medical problems that occur during sleep involve a risk to your basic health.

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

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

4. Will the sensor devices hurt?

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

5. Will I be given a drug to help me sleep?

Yes, we offer you a prescription of Ambien 10mg for you to fill and bring with you for the study. You are not required to use it. The technologist cannot provide asleep aid for you if you did not bring one.

6. What should I expect the night of the test?

MISH will provide everything needed to do the test. We do ask that you will already have taken your shower or bath prior to arrival. Men should be clean-shaven (in some cases) and women should have all make-up removed. Please refrain from using any powders, conditioner, lotions or oil as this causes the electrodes not to stick.

7. Are these tests covered by insurance?

YES. Most major health care insurance carriers cover these tests, at least in part. Patients should, however, check with their health care insurance carrier for specific details.

8. What happens to the Polysomnogram?

The record of your sleep test, stored electronically, will be scored by a Sleep Disorders technologist and submitted to the Sleep Disorders physician for interpretation. This interpretation will then be used to

confirm a diagnosis and develop a treatment plan.

9. Who should I call if I cannot keep my appointment?

Our normal office business operating hours are 9:00AM to 4:30PM. If you must unavoidably cancel your sleep study test, please contact our office staff during these hours at 913-322-7401. Sleep studies are typically done during the night after 7:00PM; however accommodations can be made for individuals that work during the night and sleep during the day.

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/lotions, powder, oils or hair conditioners after bathing.
- Try to eat your evening meal before 7:00 P.M.
- Avoid foods that contain caffeine - like coffee, tea, colas and chocolate.
- Avoid drinking alcoholic beverages - like beer, wine and liquor.
- Don't take any naps during the day of your sleep study.
- Don't start any new diet or exercise programs on the day of your sleep study.
- Take any medications your doctor has prescribed, except sleeping pills (unless otherwise directed).
- Please note: You cannot have any visitors during your study and cannot have anyone wait for you in the hospital during the study.

Our Sleep Study Technologist will be in your room for about an forty five minutes to an hour, setting up the sleep monitoring equipment. The Technologist will help you understand the sleep study process, and will be happy to answer any questions you may have at that time.

**We hope this helped to answer your questions!
If you have any further questions about the sleep study,
please call MISH directly at 913.322-7408**