

get your ZZZZZZZZ

## Sleep Wellness Center

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### What do I need the day of my sleep study?

- Take a shower/bath and wash and dry your hair. Do not apply gel, lotion, hair spray, etc. as clean dry skin is needed for electrodes to adhere.
- Avoid caffeine after 12:00 noon and do not take a nap the day of the study.
- If you are on any medications, either take them before you come, or bring them with you. Also, please bring a list of current medications.
- Bring something comfortable to sleep in (pajamas, shorts, slippers, sweatpants).
- Bring your toothbrush, toothpaste and any other toiletries you need to get ready for bed.
- Linen and bedding are provided, however some patients do sleep better with their own pillow. If you think you would be more comfortable with your own pillow, please feel free to bring it.

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### Overnight Sleep Studies



Winmar Diagnostics, Inc.

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**A polysomnogram, or sleep study is a recording that contains several types of measurements used to identify different stages of sleep and recognize various sleep problems.**

The activities that occur during sleep (brain waves, breathing through your mouth and nose, snoring, heart rate, and muscle, eye and leg movements) are monitored by small metal electrodes, which are applied to your skin with an adhesive. Elastic belts are placed around your chest and abdomen to measure your breathing effort. A clip will be placed on your finger to measure your blood oxygen level and heart rate. These devices are not painful and are designed to be as comfortable as possible.

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

Your physician has ordered a sleep study to determine if you have a sleep disorder. There are several sleep disorders that may prevent you from getting good quality sleep. Sleep Apnea is one of the most common sleep disorders and affects an estimated 18 million Americans. People most likely to develop sleep apnea include those who snore loudly and are also overweight, have high blood pressure, or some physical abnormality in the nose, throat, or upper airway. Many people don't realize they have a sleep problem, but friends and family members often suspect that something is wrong, usually from their loud snoring and apparent struggle to breathe. There are several options available to treat Sleep Apnea; however, Continuous Positive Airway Pressure (CPAP) is the therapy physicians most often recommend.

A good night's sleep is essential for a person's health and well being. If left untreated, Sleep Apnea may contribute to Hypertension, Heart Disease, Stroke, Diabetes, and Depression.

**How will I be able to sleep with all of these wires on me?**

This question is commonly asked. The equipment and sleep technician will not be in the same room. You will be able to roll over and change positions almost as easily as at home.

Your sleep technician realizes that you may not sleep exactly as you would at home, but this usually does not cause a problem in obtaining the necessary information. You may be asked to try sleeping on your back during the night. If this is a problem for you, please let the technician know.

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

When you arrive at the Center, your technician will meet you and show you to your bedroom. You will have time to change and get ready for bed as you usually would. There may be a waiting period before you are set up and you should feel free to read or watch TV until the technician is ready to apply your electrodes. This process will take approximately 20 minutes. After the electrodes have been applied, there will be a 10-15 minute waiting period to allow the adhesive to dry.

While you are sleeping, the technician will monitor your sleep from a nearby room. If

enough breathing disturbances are noted, the technician may awaken you to trial Continuous Positive Airway Pressure, or CPAP, a small mask worn over your nose which blows a gentle air to help keep airways open. Some patients will be asked to return for a second sleep study to try CPAP.

**What happens if I am having a nap study?**

Some patients may need an additional test, called a Multiple Sleep Latency Test, or MSLT. For this test, you will need to stay at the center for most of the following day for a series of short naps scheduled throughout the day. The amount and type of sleep during these naps will help your doctor determine specific sleep disorders.

**Should I take my medication as usual?**

Please inform your technician of any medications (prescribed or over the counter) since some medications affect sleep. It is important that you discuss your medications with your doctor, as you may be asked to skip certain ones on the day of your study.

**What happens after my sleep study?**

After your sleep study, your physician will probably want to see you in a follow up visit to discuss the results. If you were trialed on CPAP, your physician may want you to trial CPAP at home before your follow up visit. If this is the case, someone will contact you after your sleep study has been scored to set this up for you at home. It may take 1-2 weeks to receive the results of your study.