

# SLEEP DIAGNOSTIC AND TREATMENT CENTER

A DIVISION OF THE NEUROLOGY CENTER OF FAIRFAX, LTD.

## What to Expect During Your Sleep Study...



### What is a sleep study?

A sleep study (or polysomnogram) records 16 different measurements of your brain and body while you sleep. This test is not invasive. The study uses electrodes (sensors) which are attached to the skin by a special adhesive or tape. No needles! The test begins at night and lasts to the morning, as would a normal night of sleep.

### What should I bring with me?

Prepare yourself for your night in the sleep laboratory as if you were going to spend a night at a hotel. Please bring with you everything you would need to spend the night away from home. This should include: **all medications**, comfortable clothes to sleep in, and your toiletries. If you wish, you may bring your own pillow. Please keep in mind that cell phones should be turned off at night to prevent disruption to you and the other guests.

### What happens when I get to the sleep center?

Please arrive at the sleep laboratory between 8:30 and 8:45 PM. You will need to press the after-hours Neurology Center buzzer at the main doors to the building on Hamaker Court to obtain entry for your study. You will be greeted by a sleep technologist and provided instructions on what to do.

### What information do the sensors provide?

From the sensors/electrodes that are placed on the body, we can measure an extensive amount of physiologic data. These include:

- **Brain waves and sleep stages.** Usually 6 electrodes are attached to your scalp with a water-soluble paste or adhesive. Your hair is not cut or shaved.
- **Eye Movements.** 2 or 3 electrodes are attached with tape near your right and left eyes. They do not touch your eye in any way. Eye movements help us identify the different stages of sleep.
- **Muscle Activity.** 2 or 3 electrodes are attached with tape to your chin. Muscle activity around the chin can indicate teeth clenching/grinding. It also helps us determine which stage of sleep you are in.
- **Electrocardiogram (ECG).** 3 electrodes are attached with tape to your upper chest to record your heart's rhythm and activity.
- **Leg Movements.** A small belt or cuff is placed around each ankle to record leg movements. Occasionally, 2 electrodes are attached with tape to your lower legs to measure leg muscle activity.
- **Breathing.** Your breathing is measured in several ways. A sensor is attached with tape to your upper lip to measure airflow. Lightweight belts are placed around the chest and abdomen to measure your breathing effort.
- **Oxygen level.** A sensor is attached to one of your fingers or your ear with tape to measure the oxygen level in your blood at all times.

# SLEEP DIAGNOSTIC AND TREATMENT CENTER

A DIVISION OF THE NEUROLOGY CENTER OF FAIRFAX, LTD.

- **Other** sensors. Depending on your particular problem, other types of sensors may be used. Please feel free to ask the technologist about any of the equipment used in the sleep laboratory.

## **Why is it necessary to record all this data?**

Your brain and body function very differently during the day and at night. Even if your heart function, breathing, and brain activity are completely normal during the day, they may be very different or abnormal at night while you sleep.

## **How can I sleep with all these things attached to me?**

We try our very best to make your experience as comfortable and pleasant as possible. But we know it's not home, and that's okay. We do not expect (nor do we require) a 'perfect' night of sleep. For the vast majority of patients, we are able to get enough sleep data to make an accurate diagnosis.

## **Can I sleep in my usual position and can I turn over?**

All the electrodes/sensors are attached so that they do not come off during sleep. You should be able to sleep as you do at home and turn over as usual. If you feel that you cannot sleep normally because of the electrodes, please call the sleep technologist to help you.

## **Will you give me any medication to help me sleep?**

**No.** Our sleep center does not carry or dispense sleep aid medications. However, you are free to take any sleep aid medication you usually take at home. Just remember to bring it on the night of your sleep study.

## **What happens if I need to go to the bathroom during the night?**

No problem. All the electrodes and sensors are plugged into a portable box. If you need to go to the bathroom, please notify the sleep technologist through the intercom. They will simply unplug the box to allow you to go to the bathroom.

## **Will anyone else be in the sleep laboratory when I am there?**

A sleep technologist will be in a nearby control room the entire night. They are there to help you with everything and to make sure everything goes well.

## **When can I leave?**

Usually the sleep technologist will wake you up between 5:00 and 5:30 AM. If you need to be up earlier, please let the sleep technologist know. They will remove all the electrodes and sensors. There will be a short questionnaire to fill out. Then you are free to leave!

## **What is a Multiple Sleep Latency Test?**

Some patients are scheduled to stay the next day for what is called a Multiple Sleep Latency Test. This test evaluates you for excessive daytime sleepiness. When you wake up in the morning from your sleep study, the technologist will remove some of the electrodes and sensors.

At 2-hour intervals beginning at 8:00 AM, you will be asked to lie down in bed and close your eyes for twenty minutes to sleep. There are a total of 5 nap tests (8:00 AM, 10:00 AM, 12:00 PM, 2:00 PM, 4:00 PM). When each nap is over, you will be asked questions about your sleep and how you feel. Between each nap test, you may watch TV, read, do some work, use your phone/tablet, etc.

## **How and when do I get the results?**

All sleep studies contain an incredible amount of physiologic data which must be analyzed and reviewed. This is a time consuming process which we take very seriously. Some other places may advertise a quick turnover time.

At the *Sleep Diagnostic & Treatment Center*, we feel that a high quality and accurate analysis of your sleep study is of utmost importance.

# SLEEP DIAGNOSTIC AND TREATMENT CENTER

A DIVISION OF THE NEUROLOGY CENTER OF FAIRFAX, LTD.

Within 7-10 days of completing your sleep study, a staff member will call you by phone to provide you with the results of your sleep study. You are welcome to obtain a copy of your sleep study report anytime.

If your sleep study shows sleep apnea, you will be referred to do a "treatment" sleep study with CPAP therapy. After completing this study, you will be notified of the results within 7-10 days and be given the option to receive new CPAP equipment at home to treat your sleep apnea. In all cases, please make sure to schedule a follow-up visit with your physician.

We look forward to seeing you for your sleep study.