

POLYSOMNOGRAPHY

What is it?

Polysomnography is a sleep study that involves monitoring various bodily functions during sleep, usually during regular nighttime sleeping hours. It allows detection of changes that only occur or are altered during sleep. When the sleep study is evaluated, appropriate diagnoses can be made, allowing treatment to be tailored to the specific problems identified. Some of the problems that can be evaluated by a polysomnography are excessive daytime sleepiness, breathing difficulties during sleep, and periodic leg movements.

You will be asked to arrive before your regular bedtime to allow for preparation time. Expect to remain until a **full night's** sleep activity has been recorded. Sensors are placed on the scalp and other areas to monitor brain waves, eye movements, muscle tension, respiration, heart rate and oxygen levels in the blood using a photo-light sensor. Once all the sensors are in place, you go to bed and are allowed to sleep until morning. You may be offered a treatment trial of nasal CPAP if your recording indicates that you have many obstructive sleep apneas. A specially trained technician will explain all the procedures and answer questions. The technician will be present throughout the night to monitor the recording and to assist you with any questions.

If you have questions about the polysomnogram, please call the Sleep Medicine Department at **522-4448**. Our office hours are Monday to Friday from 8am-4pm and closed from 12:30pm-1:30pm for lunch.

When You Arrive for Your Test

Report to the Straub Sleep Medicine Department at your appointment time. The Sleep Medicine Department is located in the main hospital building directly under the cafeteria. Please be advised that our night staff arrives at 8pm. If you arrive earlier than 8pm, please have a seat and the night staff will be in shortly. Parking is available in the Straub parking garage for \$5.00.

Preparations and What to Bring

- Restrict fluid intake (including water) after 7 p.m. No alcohol or caffeinated beverages after lunch time.
- Wash your hair before the test so your scalp will be free of hair oil, hair spray, etc. Electrodes will be placed on your scalp using EEG paste which has a similar feel to toothpaste. Electrodes will also be placed under the chin. For men, please shave your beard or mustache if possible (not required). This will allow the electrode to remain in place.
- Continue taking your regular medications as prescribed. If you are on any sedatives, please bring them with you to your appointment.
- Bring loose fitting night attire. A hospital gown (one size) will be available if you prefer.
- Bring other personal items such as a toothbrush, toothpaste, shampoo, favorite pillow or a book to read.
- Do not bring any valuables, except for money for the parking fee if you will be parking in the Straub parking garage.
- Family and friends may **not** be present during the sleep study without prior approval from the Sleep Medicine Department.
- Linens and towels will be provided. There is a shower available for use.
- Remove any nail polish and/or acrylic nails

Advisory

- The skin preparation for sensor placement may result in reddening of these skin areas. The redness should go away in a few days. Topical first aid creams or ointments can be used for any discomfort.
- On rare occasions during skin preparation, the skin may be rubbed hard enough to cause scabs to form after the sensors have been removed. Again, first aid treatment should help areas heal.

Rescheduling or Late Arrival

Please call us at 808-522-4448 as soon as you know a change in your appointment is necessary.

CAUTION: Missed Appointment/No-Show Disclaimer

The Straub Sleep Medicine Department requires a 24 hour advanced notice if you are unable to keep a scheduled appointment. Failure to do so will result in termination of referral and a notice to the referring provider. Rescheduling of any appointment will require a new referral.

Insurance companies require a minimum of 6 hours of data. If you are sent home due to illness or you leave before sufficient data is collected, the test will not be covered and you will become responsible for any charges. Please take the time to contact us or leave us a message at 522-4448 at least 24 hours prior to your appointment time.

Test Results

Your sleep study will be scored and interpreted by one of our sleep medicine physicians. This takes approximately **10-14 business days** and will be sent to your referring physician. Please be sure to schedule a follow up appointment with _____ at least two weeks after the sleep study appointment date.

POLYSOMNOGRAPHY APPOINTMENT:
DATE: _____
TIME: _____
LOCATION: STRAUB MEDICAL CENTER
MAIN HOSPITAL BUILDING
BASEMENT FLOOR

Thank you for choosing Straub Medical Center