

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 - Friday 8:30 am - 4:30 pm.

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 7 pm. If you arrive earlier than 7 pm, please have a seat and the night staff will be in shortly. Parking is available in the Straub parking garage for \$3.00 with validation.

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.

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 522-4448 **as soon as you know** a cancellation is required or that there will be a change in your arrival time. If you need to change your arrival time and you call after 3:30 p.m. on the day of the test, please leave a message on the answering machine with your name, your expected time of arrival and a phone number where you can be reached.

If you cannot keep your appointment, please contact us **at least 24 hours in advance by 11:30 a.m.**, so that your test can be rescheduled. If necessary, the technician will call you back to confirm that you will be arriving late or that you must reschedule your appointment. If you become ill, please call us at least 8 hours before your appointment so that we can determine if your appointment will need to be rescheduled.

CAUTION: No-Show Policy

If you call to cancel your appointment less than 8 hours before your scheduled appointment time or you come in but are sent home due to illness or you leave before sufficient data are collected, you will be charged for technician and set up expenses which amount to approximately \$240. Insurance companies generally will not cover these charges. Please take the time to contact us or leave us a message at 522-4448 at least 8 hours prior to your appointment time.

Test Results

Results of the sleep study will be discussed with you during your follow-up appointment. Please arrange that appointment with Dr. _____ for 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