

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

1) *What's a CPAP Sleep Study?*

A CPAP sleep study determines the correct pressure via a CPAP mask that works best to control your apneas and snoring, checks whether your oxygen level is correct with a CPAP mask, and reveals what type of mask works best for you.

2) *What's a MSLT Sleep Study?*

MSLT is a daytime sleep test that helps diagnose narcolepsy, idiopathic hypersomnia, and other types of excessive daytime sleepiness.

3) *What's a Polysomnogram?*

The Polysomnogram is a test that measures bodily functions during sleep. Some measurements that may be taken include:

- Brain waves from skin surface electrodes on the head
- Eye movements from skin surface electrodes above and below the eyes
- Muscle tension and leg movements from skin surface electrodes on the legs
- Breathing sounds from air movement sensors attached near the mouth and nose
- Blood Oxygen Levels from a sensor attached to ear, finger, or toe

4) *Will these sensors hurt?*

No! There is sometimes a mild, short-term skin irritation when attaching the sensors 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?*

The practitioner ordering the sleep study may or may not order a sleeping medication. If a medication is ordered, it can only be given after one hour of "wakefulness" or staying awake while attached to the monitors.

6) *Are these test covered by insurance?*

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

7) *When will I know the results?*

The sleep study will be reviewed with the help of a computer and a detailed report will be prepared. This will be sent to your physician and they will contact you to discuss the results. Typically it takes a few days to receive the report as the study comprises hundreds of pages of data that must be reviewed carefully.

8) *Who should I call if I cannot keep my appointment?*

Our normal business operating hours are 8 a.m. - 5 p.m. If you must unavoidably cancel your test, please contact us at (812) 254-8883.



Your Sleep Test

Name: _____

Date: _____ Time: _____

Diagnostic CPAP MSLT

Anand Bhuptani, MD

Ordering Physician:



1314 East Walnut Street
Washington, Indiana 47501
(812) 254-8883

Why Do I Need a Sleep Study?

Some common indications are:

- Having difficulty sleeping
- Snoring
- Finding yourself extremely tired

during the day

The only way your physician can find out if you have a sleep condition is to test your sleep during a sleep study.

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 never feel completely refreshed when you wake up in the morning.

What to Expect

The sleep study is completely painless. Since the sleep study must monitor you the way you normally sleep, being uncomfortable in any way could not give your doctor a normal picture of your sleep patterns. Most people sleep surprisingly well even with this monitoring equipment in place.



Generally, you will lose your awareness of the attached equipment after a short time. The monitors are completely safe, quiet, and small enough to sit on a night stand next to your bed. Once the monitors are set up, you will simply follow your normal bedtime routines and go to bed.

Medications

Daviess Community Hospital will provide everything needed for the test. The sleep technician cannot administer any medication other than those needed for the sleep study. It is important you bring your routine bedtime medications you take (other than sleeping pills) with you to the sleep lab, where you will be allowed to take them before going to sleep. (If you prefer, you may take your medications before leaving home.)

During the Night

Our sleep technician will be in your room for about an hour, setting up the sleep monitoring equipment. The technician will help you understand the sleep study process and will be happy to answer any questions that you may have.

You will be able to communicate with the sleep technician at any time via the sensitive microphone. Your sleep will be monitored very closely the entire night from an outside computer terminal. You may use the rest room if needed.

In the Morning

In the morning, you will be awakened and all the electrodes will be removed. You may use the restroom and shower facility and be on your way by 6:00 a.m.

How to Prepare

•Remember to bath or shower, and shampoo hair. Men should be clean-shaven and women should remove all make-up prior to arrival.

•Avoid using skin creams, oils, hair conditioners or other sticky hair products after bathing.

•Eat your evening meal before 7:00 p.m.

•Avoid consuming foods that contain caffeine (like coffee, tea, colas, and chocolate) and alcoholic beverages.

•Don't take naps during the day of your sleep study.

•Don't start new diet or exercise programs on the day of your sleep study.

•Take medications your doctor has prescribed except sleeping pills. We prefer you NOT use sleeping medications for at least eight (8) days prior to your testing.

•If you have a favorite pillow, bring it with you the night of the study.

•Bring a clean undershirt or pajamas/night gown with you to the sleep lab.

•Report to the E.R. admitting desk by 7:45 p.m. the evening of your study