

## **IMPORTANT INFORMATION FOR THE SLEEP PATIENT**

### **1. I am scheduled for a sleep study. What should I do first?**

**Please call us to Pre-Register for your appointment as soon as possible at 843-234-5474.**

### **2. Where do I go to have my sleep test done?**

Please report to the Sleep Disorders Center at Conway Medical Center, 2367 Cypress Circle, Conway, SC, at 8:30pm for your 9:00pm appointment. (Please do not come early!) We are located outside of the hospital, across from the Physician's parking lot. There is a sign in front of the Sleep Disorders Center. There is handicapped accessible parking (van access with wheelchair ramp access) directly in front of the center.

### **3. My sleep study is scheduled but it is several weeks away. What can I do?**

Please call us at **843-234-5166** and request to be on our "Short-Notice-Waiting-List". We do have cancellations, and being on this wait-list may be beneficial to you. We will be happy to call you and move your appointment up. If you are flexible and can come in on short notice, we can assist you in having your sleep testing done more quickly.

### **4. What is a Polysomnogram?**

A Polysomnogram, more commonly known as a sleep study is a medical test that measures many of your bodily functions during your sleep. This test must be ordered by your healthcare provider. A healthcare provider could be your physician, your nurse practitioner or physician's assistant. The testing will vary according to your individual testing requirements. Your sleep studies may include the following measurements:

- a Brain waves, electroencephalograph (EEG), measured with small metal electrodes placed on your scalp, and held in place with an adhesive paste.
- b Heart rate and rhythm- a recording of your heart rate and rhythm is made with small adhesive pads placed on your chest and abdomen.
- c Eye movements- measured with small electrodes placed next to your eyes.
- d Your muscle tone- electromyogram (EMG), measured with small electrodes placed under your chin.
- e Leg movement- measured with small adhesive electrode pads placed on your legs.
- f Air flow from your nose and mouth- measured with highly sensitive device (similar to a thermometer) to give an accurate recording of the air movement from your nose and mouth.
- g Breathing effort- measured by snugly (not tightly) fitting belts, one around your chest, and another around your diaphragm to record the effort you use to breathe.
- h Position- a sensor records the position you are laying in.
- i Blood oxygen level- measured with a small plastic sensor taped on one of your fingers.

j We **do not use needles** in the sleep disorders center.

### 5. Why do we record all of these things?

Each of the above is a piece of the overall picture of your sleep. When reviewed together, the sleep physician uses the information gathered to help him or her diagnose and determine a specific treatment for you. Of course, your heart rate and rhythm is certainly a more critical portion of the information that we collect in your sleep study than the position that you sleep in, but all of the information that is gathered is important. The specialized training, years of experience, and teamwork that our sleep technologists and our interpreting physicians have allow you to have great confidence that your sleep health is in the best hands possible.

### 6. I take several medications. Which of these should I stop taking before the test?

Your referring healthcare provider will advise you concerning your medications. **Do not stop taking any medications without talking to your referring healthcare provider.**

### 7. May I take a sleeping pill the night of my sleep test?

Yes. Sometimes the referring healthcare provider will prescribe a sleeping aid for the night of the sleep study. If you are concerned that you may have trouble sleeping in a different environment, please ask the referring healthcare provider for a prescription. If you normally take a sleep aid, it is not abnormal that your referring healthcare provider will ask you to continue to take your medication as usual, but keep in mind that each patient is different, and any decision regarding your medications is between you and your referring healthcare provider.



**DO NOT STOP taking any of your medications prior to the sleep study unless your healthcare provider instructed you to do so.**



**NO MEDICATIONS ARE GIVEN AT THE SLEEP DISORDERS CENTER.**

### 8. When should I take my sleeping pill if I have one?

When you arrive at the Sleep disorders Center, Please advise your sleep technologist that you have a sleeping pill. The sleep tech will ask you about your bedtime, and then will advise you as to the time to take the medication.



**DO NOT TAKE YOUR SLEEPING MEDICATION PRIOR TO ARRIVING TO THE SLEEP DISORDERS CENTER.**

### 9. Will the sensors be painful?

No, there is no pain. Occasionally during the preparation of putting the electrodes on, your skin may be mildly irritated as we use a mild abrasive to scrub gently to allow for the best possible recording. When the adhesive electrodes are removed, there may be some mild discomfort similar to removing a band-aid.

**10. How can I sleep with all of these things on me?**

You may be surprised to find that you sleep normally with the sensors on you, as they are not uncomfortable. They are secured comfortably and most patients become used to them quickly. You may turn and move normally, and we do all we can to make sure that you are as comfortable as possible.

**11. How should I sleep the night before and the day of my testing?**

Please maintain your normal sleep habits **WITHOUT taking any naps** the day of your test. **Do not drive if you are sleepy.** If you are sleepy, have someone drive you to your sleep study appointment.

**12. What about caffeine?**

Do not drink or eat anything that contains caffeine after 12:00 noon on the day of your testing. **Even if you feel that caffeine does not have any affect on you, please follow this instruction as caffeine DOES have an affect your brain waves.**

**13. What about my hair and skin?**

It is **VERY** important that your hair be **SQUEAKY CLEAN**, with no hair gels, hair spray, or any other hair products. Additionally, your skin must also be completely clean, with no lotions, make-up, oils, etc.

Please use deodorant/antiperspirant as you normally would.

**14. What if I need to go to the restroom?**

If you need to use the bathroom during your test, it is as easy as calling out to your sleep tech. They will enter your bedroom and disconnect you from a single cable so that you may go to the restroom unimpeded.

**15. May I eat before the test?**

Yes, you may eat as usual. We are happy to provide bottled water for you, but there are no snacks provided. If you would like a snack, please bring one with you. If you bring chocolate cake for your snack, please bring enough for everyone. (We're joking, of course!) While a "pre-lights out" snack is fine, we do discourage eating after you are in bed and the study has begun.

**16. What should I bring?**

- Your completed Patient History and Sleep Questionnaire included in this mailing.
- Pajamas, shorts and a t-shirt, sweatshirt and sweatpants all are acceptable. Nightgowns should be avoided.
- Something to read or do while awake prior to bed. There is a television in your bedroom.
- Toiletry items. Each bedroom is private and has a private bathroom and shower.
- A change of clothes to go home in the following day. You may shower before you leave of course. Most patients prefer to shower at home and bring a baseball cap or hat as the adhesive paste does tend to make a mess of your hair. The adhesive paste is water based and easily washes out of your hair with warm water.
- Any needed medications. As stated previously, the staff does not administer nor provide any medications whatsoever in the sleep disorders center.

- An up-to-date listing of your medications and the prescribed dosage.
- You may want to bring a favorite pillow or even a stuffed animal if you would like.

**17. What happens after my sleep is recorded?**

On the day after your sleep test, your sleep study will be “scored” by a team member of the Sleep Disorders Center. This means that each thirty-second page is reviewed for the stage of sleep, any breathing abnormality, your heart rhythm is reviewed, and any awakenings or other occurrences that are clinically significant to your sleep. After each page is scored (approximately 900 “pages” make up each sleep study) the data is compiled and then the interpreting physician reviews the sleep study. The interpretation will be faxed to your referring healthcare provider usually in 4 to 7 days, but in extreme cases, the results may take up to two weeks. You will need to see your **ordering or referring healthcare provider to receive the results of your test.**

**18. I have “Complete Sleep Testing” ordered. What does this mean?**

If your referring healthcare provider ordered “Complete Sleep Testing”, you will have two, separate nights scheduled at the sleep disorders center. These dates should be 14 days apart. The first test is a diagnostic test, and this test is to determine what sleep disorders you may have. You will spend all night at the sleep disorders center. The second test is to conduct a CPAP titration. CPAP is used to treat Obstructive Sleep Apnea, and again you will spend all night at the sleep disorders center.

**19. What is a CPAP titration?**

CPAP stands for Continuous Positive Airway Pressure. Simply put, CPAP uses room air, pressurized by a blower and sent through tubing to a mask that covers the patient’s nose and sometimes the patient’s mouth, too. CPAP does not hurt, but it does take a little time to get used to it. The pressurized air acts as a “splint” to hold your airway open while you sleep. In patients with Obstructive Sleep Apnea, the muscles that normally hold their airway open relax when they are asleep, allowing the airway to close, preventing the patient from breathing normally. The sleep technologists are highly trained to help you use the CPAP easily and comfortably. After you go to sleep, the sleep technologist will adjust the pressure as needed to keep you breathing normally and sleeping well.

**20. May a friend or family member stay with me during my sleep test?**

It is in the best interest of performing the most accurate sleep test that the patient does NOT have anyone in the bedroom with him or her during the sleep test. We will accommodate patients with special needs of course and will certainly allow someone to stay with the patient when appropriate. **Please call 843-234-5166 if you have special needs or feel that you need someone to stay with you during your sleep study.**

**Please remember to call 843-234-5166 to confirm your appointment within 24-48 hours of your appointment date or if you need to cancel your appointment. If we do not hear from you we will call to confirm 24-48 hours before your test. If we cannot confirm your attendance you may lose your appointment. If you cannot keep your appointment, it is imperative that you give 24 hours or more notice or you will be billed a “deposit” fee and not be re-scheduled until the fee is obtained.**

**We look forward to seeing you at the Sleep Disorders Center at Conway Medical Center. Thank you!**