

## ANY SPECIAL INSTRUCTIONS?

It is recommended that you eat a meal prior to your arrival at the Clinic. You should continue to take all your medications as prescribed. However, all beverages and foods containing caffeine (tea, coffee, soft drinks, chocolate) should be avoided after midday on the day of the study. You should also avoid taking any naps or consuming alcohol on the day of the test.

## WHEN DO I GET THE RESULTS?

The information collected overnight is carefully analyzed by viewing the entire record in 30 second intervals. Thereafter, the study is presented to your physician for interpretation. It normally takes about a week or less to obtain a comprehensive report of your study.

## PREPARING FOR YOUR SLEEP TEST

- Shower and shampoo your hair
- Avoid using anything on your hair
- Avoid jewelry, makeup and body lotions
- Do not wear acrylic nails
- Pack your sleepwear and toiletries
- Bring your reading glasses, if applicable
- Bring your favorite pillow/blanket, if needed
- Bring reading material or other items that can help you pass time before bedtime
- You may also bring a snack
- Finally, pack as you would for an overnight hotel stay

## YOUR APPOINTMENT

Day: \_\_\_\_\_

Date: \_\_\_\_\_

Time: \_\_\_\_\_

## RAJIV JOSEPH, M.D., Ph.D.

### MEDICAL SCHOOL:

St. Johns/Bangalore University

### POSTGRADUATE:

Ph.D.: University of London, England

### RESIDENCY:

Internal Medicine: Postgraduate Institute, Chandigarh

Neurology: Henry Ford Hospital, Detroit

### FELLOWSHIP:

Beth Israel Hospital/Harvard Medical School, Boston

### CERTIFICATIONS:

Neurology: American Board of Psych & Neurology

Neurophysiology (EMG/EEG): American Board

MRI/CT: American Society of Neuroimaging

Sleep Medicine: American Board of Sleep Medicine

### RESEARCH:

Discovered Neuronatin, a new human gene

Author of over 100 peer-reviewed scientific publications

### AWARDS:

NIH Clinical Investigator Award

American Heart Association Research Award

Harold G. Wolff, MD Lecture Award, 1986 & 1988

Fellow, American Academy of Neurology

## OUR SLEEP CLINIC OFFERS

- Comprehensive care under the supervision of a board certified sleep physician.
- Full range of sleep tests, including PSG, CPAP, MSLT and MWT
- Experienced sleep technologists
- State-of-the-art technology
- Flexible scheduling and rapid follow-up
- Competent and personable staff
- Pleasant and safe surroundings

If you have any questions, or if you would like to tour the sleep clinic, please call us at 972-495-4411.



## RAJIV JOSEPH, M.D., Ph.D.

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## **SLEEP DISORDERS CLINIC OF DALLAS**

The Sleep Disorders Clinic of Dallas is a comprehensive medical clinic that specializes in addressing problems of sleep. The clinic is under the supervision of Dr. Rajiv Joseph who is a board certified sleep specialist. The physician evaluates your sleep problems and determines the type of testing required to most effectively address your problem. Once the studies are completed, the physician will convey the results and address appropriate therapeutic options with your referring physician. And, if so advised, we will help complete any additional follow-up sleep evaluations that may be necessary.

### **SYMPTOMS OF A SLEEP DISORDER**

- Insomnia or inability to sleep well
- Daytime sleepiness and tiredness
- Snoring
- Apnea or stoppage of breathing during sleep
- Leg jerks and inability to sit still
- Chronic fatigue
- Lack of concentration
- Memory problems
- Confusion
- Sleep walking and nightmares
- Headache, especially in the mornings
- Unusual nocturnal events and seizures
- Elevated blood pressure
- Stroke or Parkinson's disease

### **SLEEP DISORDERS**

- **SLEEP APNEA:** In this condition there is an obstruction to the flow of air (and oxygen) during sleep resulting in poor night time sleep and consequent daytime sleepiness. Uncontrolled sleep apnea may contribute to elevated blood pressure, and an increased risk of stroke and heart attack.
- **PERIODIC LEG MOVEMENTS:** Frequent disruptive leg movements during sleep resulting in a fragmented sleep pattern.

Oftentimes, periodic leg movements are associated with restless leg syndrome or an inability to sit still.

- **NARCOLEPSY:** This manifests with an intense uncontrollable urge to sleep or nap during the daytime, and is typically associated with attacks of cataplexy when there is a sudden loss of muscle tone resulting in falls that are precipitated by intense emotions such as laughter and anger.
- **REM BEHAVIORAL DISORDER (RBD):** This typically occurs in older people who may describe elaborate and vivid dreams. The dream content often involves attempts to resist an attack or attempts to flee from danger, and there is enactment of dream content. Patients have been known to jump out of windows in an attempt to escape a burning home!
- **NOCTURNAL EVENTS & EPILEPSY:** Unusual events during sleep include sleep walking, terror attacks, nightmares, and seizures.

### **HEALTH RISKS OF POOR SLEEP**

- Elevated blood pressure
- Increased risk of stroke
- Increased risk of heart attack
- Traffic accidents and death

### **SLEEP TESTS**

- **POLYSOMNOGRAM (PSG):** This is the most common test. During the PSG, there is continuous monitoring of brain activity, breathing and of leg movements during sleep. This test allows the sleep specialist to diagnose the more common problems of sleep such as apnea and periodic leg movements.
- **CPAP TITRATION ANALYSIS:** If there is evidence for sleep apnea, you will be called back for continuous positive airway pressure (CPAP) titration analysis. This involves placing a mask over the nose and blowing in air at pressure to help prevent

snoring and apnea. The pressure is gradually titrated upward to ensure that the right settings for the individual are determined.

- **MSLT:** The multiple Sleep Latency Test (MSLT) is carried out during the daytime and assesses the rapidity with which an individual falls asleep. This test is useful when studying the reasons for excessive daytime sleepiness, in particular for narcolepsy.
- **MWT:** Maintenance of Wakefulness Test (MWT) helps to determine how well an individual can resist falling asleep. MWT is helpful in determining whether an individual is safe, from a sleep perspective, to drive or pilot an aircraft.

### **WILL INSURANCE COVER THE STUDY?**

We will make every attempt to notify your insurance carrier and obtain pre-certification (if required) for your study; however, final financial responsibility will remain yours. You are encouraged to review your health insurance benefits and any personal financial responsibility for payment of unmet policy co-pays, deductibles and/or payments denied by your insurance carrier.

### **WHAT SHOULD I EXPECT?**

The testing is painless. Small surface electrodes are placed on the head, chest and legs, and monitors over the nose, throat and chest wall. You will be allowed to sleep at your own schedule and routine and the technician will monitor the recordings, including using infrared cameras, from an adjacent area during the entire night. The study will conclude the next morning at about 6 a.m. The technician will be reachable by two-way intercom, and will be readily available should you need any assistance. Typically, one technician monitors two patients at night. However, at times there is only one patient; and should gender selection be a concern, we will reschedule your study.