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: ____________________________

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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.

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 (MLST) 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.