

IN-LAB SLEEP STUDIES INSTRUCTIONS

Procedure Code - Description

95810 - Standard PSG (Polysomnogram)

95811 - Standard CPAP Titration / BiPAP / Split Night

95805 - MSLT (Multiple Sleep Latency Test / MWT (Maintenance of Wakefulness Test

Please arrive at Sleep Center ON TIME!

Your technologist will have other patients to set up.

There is free parking just outside the Sleep Center.

Due to liability issues, we are unable to accommodate overnight guests, with the exception of a previously arranged necessary caregiver.

ON THE DAY OF THE STUDY:

-Do not eat or drink caffeine after 12:00 noon. The following foods and drinks contain high levels of caffeine

- Coffee
- Chocolate
- Most tea, including iced tea, traditional black tea and green tea
- Please do not consume any alcoholic beverages or intoxicating substances on the day of your study.

(Patients under the effect of alcohol or non-prescription drugs will not be able to perform their study.)

-Avoid naps all day

-Before coming to the sleep center eat a normal meal, wash and dry you hair, and do not apply hair sprays, oils or gels. We do have showers at the Sleep Center as well for your convenience.

-Complete all forms and paperwork

PLEASE BRING:

- Your bedtime clothes and change of clothes for the next day. If you are scheduled for an MSLT or MWT please remember to wear something comfortable as you will be here throughout the next day. Please no silk PJ's.
- Your medications as prescribed and ordered by your doctor. The Sleep Center does not and cannot provide you with medications. There are instances where certain medications are not to be taken, and then only with the consent of your physician.
- Driver's license or government-issued ID.
- Your insurance information (insurance card and co-payment if applicable) and sleep questionnaires
- A book or magazine for reading, we also have cable TV and internet. If you would like, you may also bring your favorite pillow and/or blanket
- Your toiletries (i.e. toothpaste, toothbrush, etc.)

The PSG (Polysomnogram) Procedure

PSG's are the most common procedure performed at the Sleep Center. During a PSG we are able to monitor your sleep patterns and signs of sleep disorders such as Obstructive Sleep Apnea, Periodic Limb Movements and Narcolepsy.

When you arrive at the center the technologist will ask you to change into your nightclothes and fill out a bedtime questionnaire if you haven't done so already. She/he will then mark and measure your head to apply the proper placements of the EEG (brain wave) electrodes. Don't worry; none of the monitoring devices will be painful. The entire hook-up procedure takes approximately 45-60 minutes and you will be free to walk about the Sleep Center after being hooked-up.

We will be monitoring the following parameters:

- EEG - (Electroencephalograph or brain waves) Electrodes to monitor your stages of sleep.
- EOG - (Electro-oculograph - eye movements) Electrodes to monitor your eye movements
- EMG - (Electro-myograph - muscle activity) Electrodes to monitor limb movements and chin activity
- ECG - (Electro-cardiograph or heart rate) to monitor your heart beat and rhythm

- Respiration - Your nose and mouth will be monitored by a thermocouple, which looks like a small oxygen cannula. Your chest and abdominal respiratory efforts will be monitored by belts which are placed around your abdomen and chest. These are placed outside of your bedtime clothes
- Oximetry - A finger probe that will read your oxygen saturation levels throughout the night.

During the Night:

We typically start the sleep study between 10-11:00 pm. You will go to sleep as you normally would at home. During the night you are free to use the restroom on your own. The monitoring devices are all connected to a small "jack-box" which is easily disconnected and carried with you as you move about the center. The monitoring devices are very sturdy. If a monitoring device gets pulled off, the technician will fix it.

You are allowed to sleep in any position during the night, although we would like to see you spend some time on your back. If you have a medical condition that prevents you from sleeping on your back, please let the technician know.

Even if you are only scheduled for a standard PSG, it may be necessary for us to apply CPAP at some point during the night. In many cases, Standard PSG's are followed up with a CPAP Titration several days or weeks after your study. The paragraphs below describe the process of CPAP titration. You may find it helpful to briefly review that material also.

In the Morning:

After your study the technician will remove all of the monitoring devices. This process takes about 15-20 minutes. Afterwards, you are free to wash up at the center. The study will end between 5:00-6:00 am.

CPAP Titration and Split-Night Studies

During your sleep study, we will be monitoring your response to Continuous Positive Airway Pressure commonly called CPAP. This device gently blows air into your nose through a small mask.

CPAP helps keep the airway open so that you can breathe normally throughout the night. Every one requires a different CPAP pressure and your technologist will be adjusting this via remote control throughout the night. During a CPAP titration you are also allowed to sleep in any position, however we would still like to see some time on your back. If you do not spend enough time on your back during the study your technologist will briefly wake you and help move you onto your back.

If you are already on CPAP please bring your mask with you to your study - you technologist will check it for fit and wear.

If you are scheduled for a "split-night" study:

The first portion of the night we will monitor your breathing for signs of Obstructive Sleep Apnea, periods of time where you actually stop or have difficulty breathing. The second part of the Split Night study will include CPAP.

Multiple Sleep Latency Test (MSLT)

The MSLT is a standardized test to rule out Narcolepsy and/or Idiopathic Hypersomnolence (Excessive Daytime Sleepiness):

After your Standard PSG Study, you will spend the day at the Sleep Center to perform a series of "Nap Studies". Some of the monitoring devices that were placed on you for the sleep study will be removed. After these devices have been removed, you are to change into your "daytime clothes".

The first nap will begin generally 1.5-2 hours after you are awakened from your sleep study. Additional naps will occur at 2 hour intervals. Each nap is an "opportunity" for you to sleep. We will be monitoring your tendency to sleep when given the opportunity to do so.

In between each nap study you are to remain awake and out of the bed. We will provide you with breakfast and lunch during the day of the study. You are not allowed to have any caffeinated beverages during the day.

Maintenance of Wakefulness Test (MWT)

The MWT is a standardized test to measure your level of alertness/wakefulness.

This is a series of studies that is similar to the MSLT and are also performed throughout the day immediately following your sleep study. Some of the monitoring devices that were placed on you for the sleep study will be removed. After these devices have been removed, you are to change into your "daytime clothes".

The first study period will begin generally 1.5-2 hours after you are awakened from your sleep study with additional sessions occurring at 2-hour intervals. During each 20-minute session you will attempt to remain awake while sitting in a darkened room. During the test you are not allowed to stimulate yourself in any manner (pinching yourself, singing, reading, etc.).

In between each study, you will stay out of bed and attempt to remain awake. We will provide you with a breakfast and lunch during the day of your study. You will not be allowed to take any naps, or have any caffeinated beverages during the day.

What do I do after the Sleep Study?

Please wait for our office to contact you. After we have reviewed and finalized the test results you may be asked to schedule a follow-up appointment and review the results with the sleep doctor.

If you were seen and/or referred by a non-CMD Sleep Disorders physician:

Most of physicians usually request that you wait for their office to call you for a follow-up appointment after they have received and reviewed the test results. This generally happens within a 2-3 week time period. If your Doctor's office hasn't contacted you within 2-3 weeks, please contact OUR LAB to verify we have faxed your test results. If your Doctor's office has given you different instructions, please follow them.

Sleep Study Preparation Checklist:

(Use this as your checklist before arriving to have a successful sleep study)

AVOID:

- € Alcohol, marijuana and any illicit drug use at least 4 hours prior to testing. Sleep Center of Marin has a Zero Tolerance Policy.
- € Napping
- € Caffeine after 12 pm (noon)
- € Using sprays, oils, gels or lotions in your hair and on your skin
- € Makeup on the face
- € Bringing items of value

DO:

- € Shower and wash your hair with shampoo only
- € Remove hair pieces and/or hair weaves to allow for electrode placement
- € Have a light, early dinner before arriving at your scheduled location
- € Arrive on time
- € Have someone pick you up in the morning if you took a sleep aid for the sleep study.

BRING:

- € Health insurance card and driver's license or government-issued ID
- € Sleep aid if prescribed. Take this only when instructed to do so by your technologist. If you are taking one for the first time, please arrange for a ride home the next morning
- € Your CPAP mask if you are a current CPAP user
- € Medications, except sleep aid unless otherwise prescribed by the sleep doctor.
- € Your glucometer and insulin if you are diabetic
- € A book or magazine
- € A pillow if you choose. Kids may bring a favorite toy or blanket
- € Pajamas or t-shirt and gym shorts to sleep in. Please no silk PJ's
- € Toiletries for before bed and in the morning (toothbrush, toothpaste, soap or facial wash)

*****If you use oxygen, please bring your portable oxygen tank to the test center. Please have an extra tank with you to ensure you have enough oxygen for the ride back home.***