**Instructions for Home Sleep Studies**

**Description Procedure Code**

Home Apnea Study 95806

Auto CPAP Study 94660

Combined Home Apnea with Auto CPAP 95806 & 94660

**ON THE DAY OF YOUR 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 (which are often served in Asian restaurants)

•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

•Complete all forms and paperwork

**PLEASE BRING:**

•Insurance cards and any other paperwork that has been sent to you.

**AFTER YOU COMPLETED YOUR STUDY:**

Please return your equipment ON-TIME. Our equipment is used EVERY NIGHT of the week. If it is not returned someone else’s study will need to be cancelled. A late fee of $50.00/night will be applied for overdue equipment (unless test falls on a Friday night the next day will be considered Monday).

**The Home Sleep Study Procedure**

Most home studies require two separate nights of testing. The first test, The Home Apnea Study measures your snoring and/or sleep apnea levels. The second test, The Auto CPAP study uses an automatically adjusting CPAP device to monitor the level of pressure required for normal breathing throughout the night. Depending on your individual circumstances it is possible that your physician has ordered only one study or the other.

You will pick up the equipment at the Sleep Center on the date of your study. The staff will carefully review the use of each piece of equipment. The entire process takes approximately 10 minutes, if you completed all the paperwork beforehand or 20-30 minutes if you did not complete the paperwork. Don’t worry; none of the monitoring devices will be painful. The monitoring devices are very sturdy and easy to use. During both tests, you should go to sleep at your normal time. However we need at least 7 hours of recording time, so plan accordingly. You may sleep in any position during the night. We do request that you sleep for some time on your back (unless you have a medical condition that would make it difficult to do so).

If you need to use the restroom during the night, keep the device on.

During the Home Apnea Study the following parameters will be monitored:

• **ECG** - (Electro-cardiograph or heart rate) to monitor your heart beat and rhythm

• **Respiration** - Your nose will be monitored by a thermocouple or pressure transducer, 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 probe that will read your oxygen saturation levels throughout the night.

The Auto-CPAP study will generally take place on the night following your Home Apnea Study. This test uses CPAP – Continuous Positive Airway Pressure to open your airway for normal breathing. The machine will automatically adjust to your changing pressure need throughout the night.

On your set-up night, the staff will size you for a proper fitting mask that will be worn during your study. If you commonly breathe through your mouth, we will supply you with a chinstrap to help you keep your mouth closed during the study.

If you have any questions during the study, please call the Lab number – 609.490.1444

**What do I do after the Sleep Study?**

**If you were seen at the CMD Sleep Disorders Center facility during the night:**

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 had a home sleep study:**

Please phone us on the next business day at (609) 490-1444 to confirm successful recording and schedule appointment with one of our sleep specialists.

Appointments may be approximately 2-3 weeks from that test date.

**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 Doctor:**

* Dr. Kevin Law (609-586-7400) (Pulmonary Sleep & Critical Care Medicine)
  + 2312 Whitehorse-Mercerville Rd, Mercerville, NJ 08619
  + Monday-Thursday: 9A-4P
  + Friday: 9A-2P
  + Saturday & Sunday: Closed
  + Office closed for lunch between 12P-1P
* Dr. Hatim Youssef (732-737-7801) (Respiratory & Sleep Specialists LLC)
  + 3546 State Route 27, Kendall Park, NJ 08824
  + Monday-Friday: 8A-5P
  + Saturday-Sunday: Closed
  + Office closed for lunch between 12P-1P
* Dr. Akbar Obaray (609-586-0031) (Pulmonary Critical Care & Sleep Medicine)
  + 2069 Klockner Rd, ,NJ 08690
  + Monday & Wednesday: 9A-5P
  + Tuesday: 9A-2P
  + Thursday: 9A-4P
  + Friday: 8:30A-1P
  + Saturday-Sunday: Closed
  + Office closed for lunch between 12P-1P