

Sleep Disorders Center

Frequently Asked Questions

What Does a Sleep Study Consist Of?

If you're struggling with sleep issues, a sleep study might be recommended by your doctor. But what exactly does this involve? Here's a friendly guide to what you can expect during a sleep study, demystifying the process one step at a time.

1. Sleep Appointment Preparation

- **Consultation:** Before scheduling a sleep study, you or your child will have a consultation with a healthcare provider to discuss symptoms and medical history.
- **Instructions:** You'll receive clear instructions on how to prepare for the study, including guidance on medications, caffeine, and the typical sleep routine.

2. Types of Sleep Studies

- **Polysomnography (PSG):** This comprehensive test monitors various body functions during sleep, including:
 - Brain waves (EEG)
 - Eye movements (EOG)
 - Muscle activity (EMG)
 - Heart rate
 - Breathing patterns
- **Home Sleep Apnea Testing (HSAT):** A simplified version that you can do at home. It generally focuses on breathing patterns and may include:
 - Sensors for airflow
 - Pulse oximeter for blood oxygen levels

3. On the Day of the Study

- **Prior to Appointment (night of study):** Please have clean hair and skin (no conditioner, lotion, or oils). This is to ensure that we have quality signals. Your sleep technologists will pass wires under your clothing, so loose fitting 2-piece sleepwear is preferred. Please bring any medications or snacks that you may need or want during your stay. Talk to your sleep technologist prior to taking any medication.
- **Appointment Time (night of study):** Arrive at the sleep center in the evening for an **8pm** or **9pm** appointment and call the number listed on or by the door to inform the staff of your arrival. If you are a parent, guardian, or caregiver of the patient, you will stay in the lab with the patient. While we make every effort to accommodate preferences, we may be limited in what we can offer due to space constraints. If your child requires a crib, the study will take place at the Main Hospital. Upon arrival, you will be asked to fill out paperwork.
- **Getting Comfortable:** You'll be shown your private room to get comfortable. We recommend you change within the comfort and privacy of your private bathroom.
- **Patient Setup:** A technologist will connect you to monitoring devices. Expect light, non-invasive sensors attached to your body to track different metrics such as heart rate and breathing patterns.

4. During the Sleep Study

- **Monitoring:** Once you're ready for sleep, the technologist will leave the room. However, they will be monitoring you via video and audio throughout the night.
- **Sleep Environment:** The room is designed for comfort, with adjustable beds, a TV, adjustable lighting, and your own private bathroom.
- **Waking Up:** In the morning, the technologist will gently wake you, and you can remove the sensors.

5. Post-Study Follow-Up

- **Data Analysis:** The first step is to analyze the collected data, which may take a few weeks.
- **Results Discussion:** A provider or technologist will discuss the findings with you in a follow-up appointment. This may lead to recommendations for treatment or further evaluation.

6. Common Findings

- **Sleep Apnea:** One of the most common diagnoses. If you experience interrupted breathing during sleep, this test is key.
- **Insomnia:** Issues such as difficulty falling or staying asleep can also be assessed.
- **Restless Leg Syndrome:** Movement during sleep can affect sleep quality and will be monitored during the study.

7. Choosing a DME Company for PAP Therapy: What You Need to Know

When you or your child is prescribed PAP therapy, selecting the right Durable Medical Equipment (DME) company is crucial. Here's a friendly guide to help you navigate the process:

- **Prescription Submission:** Our team works diligently to fax your prescription to the DME company within 3 days of your results appointment. You will receive confirmation of the DME's receipt of your prescription, which we will upload to your patient portal for your records.
- **Ongoing support:** We have scheduled weekly meetings with the DME companies to ensure they have everything they need to fulfill your order smoothly and efficiently.
- **Expected Timeline:** After your prescription is sent, expect to receive your equipment and supplies within 6-8 weeks. In some situations, delivery may take up to 12 weeks. Please note, this delay is not due to the sleep lab or its staff.
- **Your Role as a Patient:** Stay updated through your patient portal and feel free to reach out if you have any questions or need assistance during this process. The DME team can be reached at (505)272-6110, option 3.

A sleep study might seem daunting, but it's a crucial step toward understanding your sleep problems better. With the right support and expert analysis, you or your child will be on the path to healthier sleep in no time! Remember, you're not alone in this journey, and taking action is the first step to restful nights. Stay well-rested!