



TOTAL SLEEP MANAGEMENT

Total Sleep Management, Inc.
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THE DAY OF & NIGHT BEFORE YOUR SLEEP STUDY:

- Please wash your hair prior to coming to the sleep center. Do not use hair sprays, crème rinses or conditioners. Please do not apply makeup, facial or body crème/lotion. Do not use anything with an oily or slick base; otherwise it will be difficult for the electrodes needed to perform the study to adhere to the body or skin. (Use of under-arm deodorant is requested.)
- Take your regular medications, unless instructed by your physician to do otherwise, and keep a record of the medications and the time that you took them. If any of this information is different from what you indicated on your questionnaire, please inform the Sleep Technologist when you arrive for your study. **Bring any medications with you that you may need during your stay.** If you were not informed by your physician and/or have questions regarding taking your medications, you must direct them to your physician.
- **The sleep center cannot answer any questions regarding your medication!**
- Please try to get a normal night's sleep the night before your study. Do not take naps during the day of your study.
- Do not drink alcoholic beverages on the day of the test.
- Do not consume beverages or foods containing caffeine for four hours prior to your test time. Please limit all liquids after 4pm to inhibit frequent urination during the night.

MSLT/DAY STUDIES:

If you have been scheduled for further testing following your overnight sleep study or scheduled to come in for a daytime study (MSLT); you may want to bring breakfast and lunch. A refrigerator and microwave are available for your convenience.

PLEASE INCLUDE THE FOLLOWING ITEMS IN YOUR OVERNIGHT BAG:

- Loose fitting over night attire; preferably a two-piece night garment.
You are required to sleep in nightclothes (i.e. pajamas, gown or shorts & T-shirt), sleeping in undergarments is not allowed. **PLEASE DO NOT WEAR** satin, nylon or silk gowns or pajamas to sleep in. Please feel free to bring any personal belongings with you that may help you sleep more comfortable (favorite pillow, blanket, etc.) Please remember that there is always a possibility that members of the opposite sex may be scheduled the night of your study as well, so please dress appropriately.
- Please feel free to bring books or magazines with you.
- Bathroom and shower facilities are available for your convenience. We provide a towel and wash cloth, however please bring any toiletries that you need with you. If you utilize a hair dryer or curlers, please include those in your overnight bag as well.



ANSWERS TO COMMON QUESTIONS ABOUT SLEEP STUDIES

You have been scheduled for a Polysomnogram (usually called a PSG).

In case you still have questions about what a PSG is and what exactly is going to happen when you sleep in the Sleep Center, here are some answers to some commonly asked questions:

What are sleep studies?

There are four types of Sleep Studies performed at the Sleep Center: Polysomnogram (PSG), Continuous Positive Airway Pressure (CPAP), Split Night Study and Multiple Sleep Latency Test (MSLT).

Polysomnogram (PSG) is a prescribed night in a sleep lab to monitor numerous aspects of sleep. The study will evaluate sleep stages, leg movements and a comprehensive evaluation of apnea. It will also assist in the diagnosis of other disorders which may present with excessive Sleepiness as narcolepsy or periodic leg movement disorder.

Continuous Positive Airway Pressure (CPAP) Titration is a nighttime study using a nasal CPAP. The diagnostic equipment used in the study is the same as the PSG with the addition of a nasal mask. This CPAP device blows room air through a mask into the nasal passages and prevents upper airway closure during sleep. This test determines the correct air pressure measurements to effectively maintain an open airway.

Split Night study is the same as a PSG for the first two hours. If in those two hours one meets the criteria for sleep apnea, then a CPAP device is applied and worn through the remainder of the night. Please note that some insurance companies only authorize Split Night Studies and other companies do not permit Split Night Studies.

Multiple Sleep Latency Test (MSLT) is a daytime study which involves a series of naps. This study assesses daytime sleepiness. A physician *may* order a MSLT to follow a PSG nighttime study or the daytime study maybe ordered independently. The diagnostic equipment used for a MSLT is less extensive than the nighttime study.

What types of signals are usually recorded?

The signals recorded include the following:

- Brain waves (EEG) are recorded by placing electrodes on the scalp. NO needles are used. Heart rate (EKG) is recorded by placing two electrode patches on the chest.
- Eye movement is recorded by placing an electrode next to each eye.
- Muscle activity is recorded by placing electrodes on the muscles of the chin.
- Leg movements are recorded by placing two electrodes on the lower part of each leg.
- Airflow is measured by placing a special sensor on the upper lip in the front of the nose and mouth.
- Breathing movements are measured by placing belts around the chest and abdomen.
- Oxygen level in the blood is measured by attaching a probe onto the finger.

Why is it necessary to record all these things?

During sleep your body functions differently than when you are awake. The only way to determine just how well your body is functioning while you are asleep is with the sensors. They are all necessary in order to get a complete picture of what is happening.

How can I sleep with all these things attached to me?

You will find that it is not as bad as it may sound. In fact, most people sleep quite well. The electrodes and other devices are applied in such a way that you can move fairly free in you sleep without disturbing them. Although somewhat annoying, none of the devices are painful and a technician is available to help make you as comfortable as possible.

Will I be given any drugs to make me sleep?

You will not be given any medications. If you normally take medications prescribed by your Physician during the hours that you will be in the Sleep Center, please bring them with you and take them as usual.

Will anyone be in the Sleep Center while I am sleeping?

You will have your own room with a queen bed to sleep. A trained technician will remain in the control room of the Sleep Center audio and visually monitoring you continuously throughout your Study. You can talk out at any time and the technician will respond as soon as possible. The technician will make every attempt to make your stay in the Sleep Center a pleasant one.