

# Care Gram

# Sleep Study

2000 Tamarack Road, Newark, Ohio 43055

Test Date: \_\_\_\_\_ Time: \_\_\_\_\_

## How the Test Works

A sleep study is a test performed while you sleep at night. This test is used to evaluate and diagnose any sleep problems that you may have. Sleep studies are safe tests that provide valuable information for your doctor. Sleep studies are done on an outpatient basis, so you will not be admitted to the Hospital.

## Allowing Time

Arrive for your sleep study appointment at 7:45 p.m. Prior to the start of your study, you will be connected to approximately 25 sensors and will be asked to fill out paperwork. This will take about 45 minutes. The sleep study will begin around 10:00 or 11:00 p.m., and will last until 5:30 to 7:00 a.m.

## What to Bring to the Sleep Lab

- Two-piece sleeping clothes with undergarments (such as pajamas, sweats, shorts and t-shirt, robe or slippers)
- A change of clothes for the next day
- Your own pillow, if you prefer
- A list of medications you take, including the dose and times you take them – bring these medications in their original containers, if possible
- Items such as shampoo, soap and towels are provided by the Hospital

## Preparation

On the day of your test:

- There will be no meal served before or after the sleep study.
- Do not take any naps.
- Do not drink any alcohol.
- Do not drink caffeine for 6 hours before your test.
- Continue taking your regular prescription medications unless your doctor tells you otherwise.
- Shower at home during the day.
- Do not use oil, mousse, gel or hair spray on your hair.
- Make sure your hair is dry for the test.
- Shave as late in the day as possible.



**Licking Memorial  
Health Systems**

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If you have a severe head cold or an upper respiratory tract infection, please call the office at (220) 564-1805 or (220) 564-2388 after 4:30 p.m. Your sleep study may need to be rescheduled.

### Registration

The Sleep Lab is located inside the Licking Memorial Hospital – Tamarack building at 2000 Tamarack Road. Please report to the Sleep Lab promptly at 7:45 p.m. The entrance to the Sleep Lab is located on the right side of the building adjacent to the Newark Medical Office Building. Push the call button to notify a lab sleep tech of your arrival. Once inside, follow the signs to the Sleep Lab on the first floor.

### In the Sleep Lab

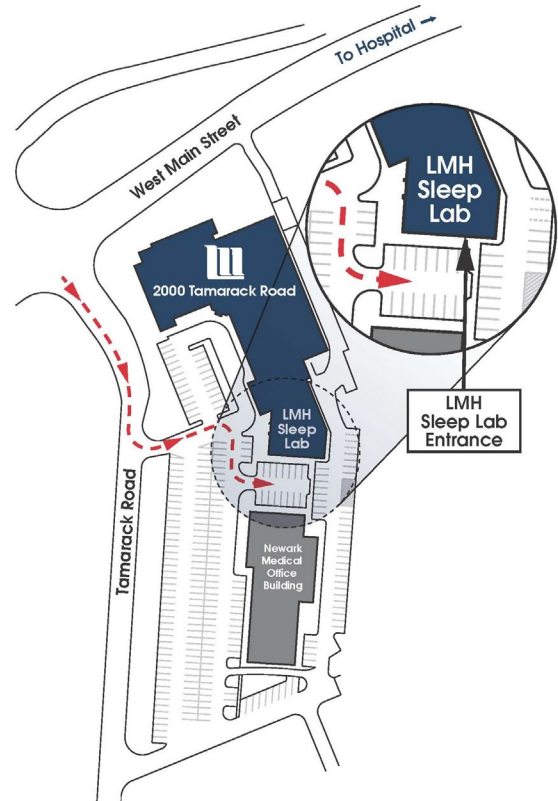
- No smoking is allowed at any time during the sleep study.
- You will be given a pleasant, private room with a TV.
- You will be given some paperwork to complete – this will help with your treatment.

After the paperwork is completed, you will be asked to change into your sleep attire. Before the sleep study begins, the technologist will provide you with information on sleep disorders and possible treatments. A common treatment that may be used during your visit is called Continuous Positive Airway Pressure or CPAP. The technologist can show you the equipment and explain the purpose. If you have a lot of breathing problems during the first half of the night, CPAP will be tried during your visit.

### Before the Sleep Study

The technologist will apply several small discs, called electrodes, and monitors to record your sleep patterns. The setup for the sleep study is painless. You may watch TV or read while it is done. Before the sleep study can begin, the technologist must apply these small discs called electrodes to your body for recording sleep and other functions. You will have the following connected to your body:

- Nine electrodes are glued on your head
  - You do not need to cut or shave your hair
  - The glue dissolves with water in the morning
- Five electrodes are taped to your chin and the temple area
  - These electrodes record eye and chin movements
- A breathing sensor is taped to the area between your nose and top lip
  - This sensor monitors your breathing and does not block your airway
- Adhesive electrodes are attached to your shoulder and the side of your chest
  - These monitor your heart during the night



- Two electrodes are taped to each leg to record all leg movement
- A cloth belt is placed around your chest and abdomen to monitor your breathing
  - These belts are not restrictive and fit over your clothing
- A sensor is wrapped around a finger to record the amount of oxygen in your blood

**During the Sleep Study**

The door will be closed and the lights and TV turned off. We do not allow cellular phones or pagers to be on during the night. These may interrupt your sleep.

Your room is monitored with a video camera and a telecom throughout the night. If you need anything, such as extra pillows or be unhooked to use the restroom, you can speak with the technologist through the intercom.

**After the Test**

- Once the sleep study ends, the technologist will disconnect all the wires. You will be given an opportunity to take a shower.
- When you are ready, you are free to leave.
- You may drive yourself home or have someone pick you up.

You may go to work that day, if required. Please let the technologist know if you need awakened by a specific time.

**Finding Out the Results**

The results will be ready in about a week. You will find out the results of your sleep study from the doctor who ordered the study. If the results showed a lot of breathing problems, you may need to return to the Sleep Lab for a second night. The second night is similar to the first, but you will try a special breathing machine called CPAP. The air will start on a low level and slowly increase until you are breathing and sleeping much better. The air will act as a splint to open up the airway for patients with sleep apnea. This lets your doctor know which treatment setting will be best for you.