

SLEEP LINK - SouthWest

PATIENT INFORMATION FOR SLEEP STUDIES

1. WHAT IS A POLYSOMNOGRAM (SLEEP STUDY)?

A polysomnogram is a procedure which measures bodily functions during sleep. Each study will vary depending on the individual case. Some of the measurements taken include:

- Brain waves- electrodes placed on the scalp and face
- Heart Rhythms – Electrodes placed on the chest
- Eye movements – Electrodes placed above and below the eyes
- Muscle tension - Electrodes placed on the chin and legs
- Airflow/breathing – Sensor placed beneath the nose
- Chest and abdominal movements – Belts placed around the chest and abdomen
- Blood oxygen level – sensor taped to the finger

2. Why record all of these things?

There are 5 different stages of sleep. Stage 1, Stage 2, Stage 3, Stage 4, and REM. In order to have quality sleep, you need to have a certain percentage of each stage sleep each night. By monitoring brain waves, eye movements, etc., we are able to determine whether or not you are achieving quality sleep. By monitoring air flow, oxygen levels, and chest and abdominal breathing, we are able to determine if you have a breathing disorder while sleeping, such as obstructive sleep apnea.

3. Will I be able to sleep with all of these things attached to me?

Surprisingly, most people sleep reasonably well. We are only looking to obtain a sample of your sleep. None of the electrodes break the skin. The entire process is painless. Our staff will try to make your sleeping environment as comfortable as possible.

4. Will the sensor devices hurt?

No. Sometimes, in rubbing the skin or putting the electrodes on, there are mild, temporary skin irritations.

5. Will I be given a drug to help me sleep?

NO. If you take sleep medications, please bring them with you.

IMPORTANT: PLEASE DO NOT STOP TAKING ANY OF YOUR MEDICATIONS WITHOUT FIRST CONSULTING YOUR PHYSICIAN.

6. What should I bring?

- Your pillow
- BED CLOTHES (preferably 2-piece pajamas, but short pants & T-shirt will be fine) Bedclothes are a requirement. NO Exceptions!
- Something to read or work on while awake
- Snacks/drinks
- Any necessary medications (none will be supplied by our staff)
- We supply clean bedding

7. Is this test covered by my insurance?

For most patients, sleep studies are covered under major medical insurance plans and HMO's. The percentage of coverage depends upon your specific plan. Please call your insurance company to find out about your coverage. Be prepared to pay your co-pay at the time of your appointment.

8. What happens with the test results?

TEST RESULTS WILL NOT BE GIVEN OUT OVER THE PHONE BY THE STAFF AT SLEEP LINK. TEST INFORMATION CAN ONLY BE OBTAINED THROUGH YOUR PHYSICIAN.

Your physician will receive the test results within 7 days of the test. Please give him or her time to review the information before calling.

BEFORE ARRIVING FOR YOUR STUDY

As our sensors must record very small signals, you must shower and wash your scalp thoroughly before arriving for your test. Your hair must be free from hairsprays, gels, and any other greasy product before arriving for your test. Please do not apply body lotion before your test. If you do not have a full beard or goatee, please be clean shaven.

If you need to cancel this test, please give us 48 hours notice.

Call Us At: 806-888-1115