

## Welcome to Your Sleep Study

During your stay, we can conduct up to three separate studies. You may have one, two or all three of these studies.



1. The **Polysomnogram (PSG)** is a “Diagnostic” study during which the following biologic parameters are monitored:

- Breathing
- Heart Rate
- Snoring
- Talking
- Sleep Stages
- Awakenings
- Leg Movements
- Body Movement
- Oxygen Levels

Many wires and other monitoring devices will be attached to your scalp, face, chest, and legs for this study. There will be belts around your chest and abdomen, an airflow sensor placed under your nose and a clip placed on your finger to measure your breathing and oxygen levels. Your sleep technologist will explain the purpose of the equipment as they are applied. Please make sure you let your technologist know if you have any implanted medical devices, tape or latex allergies.

2. The **Multiple Sleep Latency Test (MSLT)** is a series of four or five short naps conducted after your diagnostic study. We will ask you to rest 20 to 40 minutes. Your overall “sleepiness” will be measured. Your technologist will let you know when the timing of the nap sections. You will have free time between each nap. We will ask you not to eat or drink any caffeine or chocolate until your study is complete.

3. The **Continuous Positive Airway Pressure (CPAP)** study will determine the personal settings needed to treat sleep apnea. Sleep apnea is a pause in breathing during sleep. The study will determine the personal settings/pressure needed to maintain normal breathing. You will be able to try a variety of masks and select the one that is most comfortable. Your technician will help to ensure the mask chosen best meets your needs.

It is important to us that you are comfortable during your stay. If you need anything such as an extra blanket, assistance to the restroom or your CPAP mask is uncomfortable, please let us know. We are here to make your stay as pleasant as possible.

The results of your study will be available to your physician’s office **within a week**.

For additional information, visit our website or call 734-712-4651 or 517-545-6690.