



**PATIENT INFORMATION: SLEEP STUDIES**

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<b>Appointment Details</b>		
<input checked="" type="checkbox"/> Diagnostic	<input checked="" type="checkbox"/> CPAP Titration	Patient Name:
Study Date:	<b>To avoid a fee of \$150.00, all appointment cancellations must be made 48 business hours prior to the appointment, please call 800 813 0272 as soon as possible.</b>	
Time:		
Consultation Date:		
Time:	with Dr.	

**How to prepare for the sleep study**

- Do not consume caffeine (coke, chocolate, coffee, tea, etc.), alcohol or recreational drugs on the day of your sleep study.
- Refrain from taking naps on the day of your sleep study.
- Take a shower before you come to the lab and do not use any make-up including moisturizer, nail polish or hair gel.
- Men must clean shave facial hair before arriving, *unless a moustache or beard is normally worn* (moustache and/or beard are okay, stubble on the chin is not).

**What to bring with you**

- Valid OHIP card. The test is fully covered by OHIP.
- Medications or a complete list of your medications. Please continue taking all your medications as usual, unless specifically instructed by your doctor to do otherwise.
- Let the technologist know if you have any allergies, especially to tape adhesive.
- Two piece pajamas (or T-shirt and shorts). Please do not bring expensive sleepwear to the lab, as small pieces of tape may be used to secure some wires to your clothes.
- Toiletries, towels, slippers, robe, hair dryer, etc. Two shower rooms are available for your convenience.
- You may bring books/magazines, laptop computer or other non-transmitting portable electronics. WiFi is not provided.
- Note: if you are scheduled for a CPAP Titration sleep study and are already using a CPAP machine at home, make sure to bring your tube and mask with you. You do not need to bring the machine.
- The sleep clinic does not serve any food or drink. If you wish to have a snack/bottle of water, please bring it with you.
- Please refrain from bringing your own pillow or blanket. They will be supplied.

**When you arrive**

- Plenty of free parking is available at the sleep clinic. When you arrive, please locate the "Sleep & Diagnostic Centre" night entrance (door faces Finch Ave.) and ring the buzzer to notify the technologist of your arrival.

Technologists arrive by 8:00 pm.

- You must remain in your assigned room or in the common waiting area. Any request to leave the premises, for whatever reason, must be documented and you must be escorted by a technologist.

### **Useful Information about sleep studies**

The overnight sleep study is frequently used by sleep physicians to evaluate the quality of patients' sleep. This laboratory test is extremely valuable for the diagnosis of many disorders, including breathing, sleep, neurological, and movement disorders. The overnight sleep studies (also called polysomnography) are ordered by physicians and are performed in sleep laboratories specifically designed to carry out these tests. Sleep studies are generally easy to tolerate, comfortable for patients, and give the sleep physician all the information they need to accurately diagnose and treat various types of sleep disorders.

### ***On the night of your sleep study***

Patients should arrive at the sleep clinic at 8:30 pm on the appointed date. At the sleep clinic, patients meet with a specially-trained sleep technologist who explains the procedure and monitors the patient throughout the study. Patients are assigned a room where s/he completes questionnaires and prepares for sleep (wash face, brush teeth, change into sleep clothes, etc.).

For studying the quality of sleep, electrodes are applied to the scalp, sides of the head and under the chin, chest and leg. This allows for the measurement of the brain waves, heart rate, and eye movements. A sensor is placed by the nose and mouth for measurement of airflow. A clip is placed on a finger for measurement of blood oxygen levels. Other measurements may also be done as required. The electrodes are connected to a box beside the bed for relaying the signals to a control room. In addition, all patients are video recorded while asleep and are monitored by the technologists from the control room. To make the patient's sleep as comfortable as possible, no needles or medications are used during the study. Although the sleep study should not bring any discomfort, patients may call the technologist, if there are any problems or concerns, simply by pressing the intercom button next to the bed.

### ***The next morning***

The sleep study normally ends at 5:30-6:00 am when patients are awakened by the technologist. Patients will normally leave the sleep clinic by 7:00 am. If necessary, patients may request to leave earlier but must notify the technologist of this when they arrive. A *minimum of six hours of collection* is required for a proper sleep study and to ensure accurate results. Because sticky paste is used to attach electrodes to the head for the sleep study, patients will likely have to take a shower before leaving the sleep clinic.

### ***Sleep study results and follow-up care***

Once the sleep study is completed, it is processed by a scoring technologist and sent to a doctor specializing in sleep for further interpretation. This entire process takes 1-2 weeks. The results of the sleep study are sent to a patient's referring doctor. Patients may request to forward a copy of these results to other doctors who might be following them by notifying the sleep clinic at the time of booking. If requested by the referring physician, consultation with the sleep specialist is arranged. This may take an additional 2-3 weeks. An earlier appointment may be arranged depending on the severity of a patient's condition. The general purpose of the follow-up consultation is for the patient to meet the sleep

specialist. The sleep specialist will explain the results of the sleep study and offer treatment options, if necessary. It is recommended that the patient sees the sleep specialist on a yearly basis or earlier, if concerns arise or the patient's health changes.

***CPAP Titration Sleep study***

At a later date, an additional sleep study may be performed for patients who are diagnosed with sleep disordered breathing (e.g. Sleep Apnea). This sleep study is called a CPAP (Continuous Positive Airway Pressure) Titration. Although the procedure for a CPAP Titration sleep study is very similar to the diagnostic study, a mask is fit around the nose and/or mouth. The mask is used to provide air or oxygen to the patient during sleep. The purpose of the CPAP Titration sleep study is to find the optimal pressure level that holds the airway open and lets the patient get a good night's sleep.

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