

Sleep Study Day

NJ HEART

635 MARKET STREET
NEWARK, NJ 07105

How you prepare

Avoid drinks or food containing alcohol or caffeine during the afternoon and evening before sleep study night. Alcohol and caffeine can change your sleep patterns, and they may make symptoms of some sleep disorders worse.

Napping in the afternoon before a sleep study is discouraged. You can bathe or shower before your sleep study. But don't put on lotions, gels, colognes or makeup before the test, as these can interfere with the use of the electrodes.

During the study

You arrive at the sleep center in the evening for polysomnography and stay overnight. You may bring items you use for your bedtime routine, and you can sleep in your own nightclothes.

The room where polysomnography is done is similar to a hotel room, and it's dark and quiet during the test. You won't share the room with anyone else.

The sleeping area will typically have a low-light video camera, so the polysomnography technologists monitoring you can see what's happening in the room when the lights are out. It also has an audio system, so they can talk to you and hear you from their monitoring area outside the room.

After you get ready for bed, one of the technologists will place sensors on your scalp, temples, chest and legs using a mild adhesive, such as glue or tape. The sensors are connected by wires to a computer, but the wires are long enough to let you move around in bed. A small clip also

is placed on your finger or ear to monitor the level of oxygen in your blood.

While you sleep, a technologist monitors your:

- Brain waves
- Eye movements
- Heart rate
- Breathing pattern
- Blood oxygen level
- Body position
- Chest and abdominal movement
- Limb movement
- Snoring and other noise you may make as you sleep

Polysomnography technologists monitor you throughout the night. If you need assistance, you can talk to them through the monitoring equipment. They can come into the room to detach the wires if you need to get up during the night.

During the study, the technologist may have you try a positive airway pressure (PAP) machine for sleep apnea. This is a device that consists of a tight-sealing nosepiece through which a gentle stream of air is delivered to enhance your breathing.

Although you probably won't fall asleep as easily or sleep as well at the sleep center as you do at home, this usually doesn't affect the test results. A full night's sleep isn't required to obtain accurate polysomnography results.

In the morning, the sensors are removed, and you may leave the sleep center. You're given an appointment for a follow-up visit with the doctor who recommended the test. You can return to your usual activities after polysomnography.