Sleep Disorder Testing Information

Sleep disorder testing has made great advances in recent years. Improvements have ranged from basic testing to determine how you sleep, to the use of positive airway pressure devices to help you breathe when you sleep.

The following is what to expect at the Sleep Center:

- You will be greeted by a technician who will show you your room and the facility explain the test you are to receive, and prepare you for the studies to be performed.
- There are some questionnaires that will be given to you to complete and then the technicians will begin the process of attaching the monitoring devices for your study.
- All of the devices used in sleep testing at the Sleep Center are either glued, strapped on, or simply taped in place on various parts of the body. None of the procedures are painful, nor will you feel any electrical shock. However, once you are in bed, some restrictions in movement may be necessary.

Most tests include the following connections between you and the recording equipment:

- 6 to 8 cup electrodes to your scalp
- 1 electrode next to each eye
- 2 electrodes on or just under the chin
- 2 electrodes on your chest
- 2 electrodes on each leg
- 1 electrode for each ear
- Respiration effort monitoring devices are placed around the chest and abdomen.
- An airflow sensor located on your upper lip
- Oxygen levels are obtained by a small sensor taped on the finger

All these devices send a signal to the polysomnograph and record various changes during the night. The technician will monitor you by means of a video camera, and you may communicate your needs utilizing the intercom system.
**CPAP Study**
If you are scheduled for a treatment or CPAP study, the technician will also attach a positive airway pressure (CPAP or BiPAP) machine. The machine will blow air through your nose (or nose and mouth) through a mask that the technician will fit to your individual needs. This pressure keeps your airway open (like an air splint) and is not painful in any way. The amount of air pressure is determined on a case-by-case basis dependent on your individual needs. Please let us know if you have any problems with nasal congestion or dryness.

**Discharge**
In the morning, all devices will be removed and you may go home or to work. The glue or paste used to apply the electrodes dissolves in warm water, you will need to clean up after the study and you may use our shower if desired.

**Follow Up**
The recording will be reviewed by the medical and technical staff (this will take 1-2 working days), and the results will be made available to your physician in 7 - 10 days.

If you have any questions or concerns, please feel free to call the Sleep Center at 315-487-5337.