

## FREQUENTLY ASKED QUESTIONS

### What is a sleep study?

Usually performed in private sleep room, a sleep study involves the analysis of your body's sleep patterns. This involves the placement of special sensors on your body to record the activity of your heart, lungs, brain, and muscles. Air flow from your nose and mouth as well as the level of oxygen in your blood are also measured. These data are monitored and recorded over the entire night by a technologist.

### With an overnight sleep study, will I need to take the next day off?

Not usually. Before bedtime, give the technologist your time schedule so that ample time can be allowed for getting up, removing the sensors, and freshening up before you go to work or school.

### Will I be given any shots, injections, or medications during my sleep?

No. The only medical devices which will be used are special sensors and they are placed on the surface of your skin using a medical paste.

### If I usually take over-the-counter or prescription drugs before bedtime, would I also do this before a sleep study?

Normally yes, however, we ask that you check with your referring physician prior to your sleep study to be sure.

### Can I get up to use the restroom during the night?

Yes. The technologist will show you what needs to be done if you need to get up during the night – or, you may call the technologist to assist you at that time.



## SLEEP STUDIES

### A PATIENT'S INFORMATIONAL GUIDE



BAY REGION

[mclaren.org](http://mclaren.org)

## TYPES OF SLEEP DISORDERS

- Apnea (blocked airway or incorrect brain signals)
- Bruxism (teeth grinding)
- Hypersomnia (extreme daytime sleepiness)
- Insomnia (inability to sleep or sustain sleep)
- Narcolepsy (uncontrollable urges to sleep)
- Panic Disorder (awakening with chest pain and panic)
- Periodic Limb Movement Disorder (limb movements)
- REM Behavior Disorder (dream enactment while asleep)
- Restless Leg Syndrome (leg movements preventing sleep)
- Shift Work Disorder (sleep problems due to shift hours)
- Sleep Paralysis (inability to move upon awakening)
- Sleep Terrors (unremembered frightening dreams)
- Plus, over 60 others

### THE GOAL:

*Wake up refreshed and improve your overall health!*



BAY REGION

### McLaren Bay Region Sleep Center

1458 W. Center Avenue,  
Essexville, MI 48732  
Phone: (989) 895-4825

[mclaren.org](http://mclaren.org)



## WHY IS IT IMPORTANT TO TREAT SLEEP APNEA?

- Staying awake and alert during the day
- Decreased risk for serious car accidents and improved safety for you and those around you
- Decreased risk of high blood pressure, diabetes, heart disease, and stroke
- Improved energy and mood
- Increased productivity and improved relationships with family, friends, and coworkers
- Improved overall health and wellness

## PREPARATION

The following preparations should be made before arriving at our sleep center:

- Shower and shampoo your hair
- Avoid using anything on your hair after it has been cleaned and dried (gel, cream, hair spray)
- Do not wear makeup or jewelry
- Do not use creams or lotions on your face or body
- Do not wear acrylic nails or hair braids/weaves which may affect proper sensor placement
- Pack your sleepwear (which is required) and toiletries
- Bring your reading glasses, if applicable, for use in completing paperwork
- If you prefer, bring some reading material or other items that can help you pass the time before bedtime

## IF YOU ARE GOING TO HAVE A HOME SLEEP STUDY

- A representative from our sleep center will contact you to schedule an appointment
- During your visit, a sleep technician will instruct you on how to properly set up and operate the equipment at home
- You will be given paperwork to fill out during/after your sleep test
- The following morning, disconnect the equipment, make sure the paperwork is completed, and return both to our sleep center.

## WHAT WILL HAPPEN DURING YOUR SLEEP STUDY?

Preparation for your study begins with the process of placing special sensors on various point of your body.

Some sensors are placed using a type of medical paste and you should not experience any pain or discomfort with this process.



After the placement of the sleep monitoring sensors, you are free to relax until bedtime. Please inform the technologist of your normal sleep and waking times. When possible, we will try to accommodate your sleep schedule.

While it might seem a bit awkward to sleep with the many wires running from your sensors to your bedside monitoring equipment, these should not create any discomfort or impair your normal ability to sleep or to get up during the night, should you need to use the restroom.

The technologist will be nearby and will be continually monitoring your sleep study on a sleep diagnostic system.

In the morning, the monitoring sensors will be removed. You may use the restroom, freshen up, and get dressed for discharge. The results of your sleep study will be forwarded to your sleep physician for interpretation and recommended treatment.

If a home sleep study is indicated, you will receive instructions on how to operate the equipment and what to expect during your scheduled appointment.

## GETTING YOUR RESULTS

The physician who ordered your sleep study should have the results within two weeks and is typically the doctor that will discuss results of the study with you.

With certain sleep disorders, such as obstructive sleep apnea. It may be necessary to have you return to the sleep laboratory for a second treatment related study. Your treating physician will make this determination.