

Instructions for In-Lab Sleep Study Procedures

Please refer to the font of this booklet or email for the test you have been scheduled for

Description	Procedure Code
Standard PSG (Polysomnogram)	95810
Split Night PSG	95811
Standard CPAP (Titration)	95811
MSLT – Multiple Sleep Latency Test	95805
MWT – Maintenance of Wakefulness Test	95805

Please arrive at the Sleep Center ON TIME!

Your technologist will have other patients to set up.

ON THE DAY OF STUDY:

- ☐ Do not eat or drink caffeine after 12:00 noon. The following foods and drinks contain high levels of caffeine
 - Coffee
 - Chocolate
 - Most tea, including iced tea, traditional black tea and green tea (which is often served in Asian restaurants)
- ☐ Please do not consume any alcoholic beverages or intoxication substances on the day of your study. Patients under the effect of alcohol or non prescription drugs will not be able to perform their study
- ☐ Avoid naps all day
- ☐ Before coming to the sleep center
 - Eat a normal meal
 - Wash and dry your hair, and do not apply hair sprays, oils or gels
- ☐ Complete all forms and paperwork

PLEASE BRING:

- ☐ Your bedtime clothes and change of clothes for the next day. If you are scheduled for an **MSLT** or **MWT** please wear a button down pajama top.
- ☐ A book or magazine for reading. Santa Cruz does not have cable TV or video capabilities.
- ☐ Your toiletries (i.e. toothpaste, toothbrush, etc.)
- ☐ Your medications as prescribed and ordered by your doctor. The Sleep Center does not and cannot provide you with medications. There are instances where certain medications are not to be taken, and then only with the consent of your physician.

- ☐ Your insurance information (insurance card and co-payment if applicable) and sleep questionnaires
- ☐ If you would like, you may also bring your favorite pillow and/or blanket

The PSG (Polysomnogram) Procedure

PSG's are the most common procedure performed at the Sleep Center. During a PSG we are able to monitor your sleep patterns and signs of sleep disorders such as Obstructive Sleep Apnea, Periodic Limb Movements and Narcolepsy.

When you arrive at the center the technologist will ask you to change into your nightclothes and fill out a bedtime questionnaire. She/he will then mark and measure your head to apply the proper placements of the EEG (brain wave) electrodes. Don't worry; none of the monitoring devices will be painful. The entire hook-up procedure takes approximately 45-60 minutes and you will be free to walk about the Sleep Center after being hooked-up.

We will be monitoring the following parameters:

- ☐ **EEG** - (Electroencephalograph or brain waves) Electrodes to monitor your stages of sleep.
- ☐ **EOG** - (Electro-oculograph - eye movements) Electrodes to monitor your eye movements
- ☐ **EMG** - (Electro-myograph - muscle activity) Electrodes to monitor limb movements and chin activity
- ☐ **ECG** - (Electro-cardiograph or heart rate) to monitor your heart beat and rhythm
- ☐ **Respiration** - Your nose and mouth will be monitored by a thermocouple, which looks like a small oxygen cannula. Your chest and abdominal respiratory efforts will be monitored by belts which are placed around your abdomen and chest. These are placed outside of your bedtime clothes.
- ☐ **Oximetry** - A finger probe that will read your oxygen saturation levels throughout the night.

During the Night:

We typically start the sleep study between 10-11:00 pm. You will go to sleep as you normally would at home. During the night you are free to use the restroom on your own. The monitoring devices are all connected to a small "jack-box" which is easily disconnected and carried with you as you move about the center. The monitoring devices are very sturdy. If a monitoring device gets pulled off, the technician will fix it.

You are allowed to sleep in any position during the night, although we would like to see you spend some time on your back. If you have a medical condition that prevents you from sleeping on your back, please let the technician know.

Even if you are only scheduled for a standard PSG, it may be necessary for us to apply CPAP at some point during the night. In many cases, Standard PSG's are followed up with a CPAP Titration several days or weeks after your study. The paragraphs below describe the process of CPAP titration. You may find it helpful to briefly review that material also.

In the morning:

After your study the technician will remove all of the monitoring devices. This process takes about 15-20 minutes. Afterwards, you are free to wash up at the center. The study will end between 6:00-7:00 am.

Instructions for CPAP Titration And Split-Night Studies

During your sleep study, we will be monitoring your response to Continuous Positive Airway Pressure commonly called CPAP. This device gently blows air into your nose through a small mask. CPAP helps keep the airway open so that you can breathe normally throughout the night. Every one requires a different CPAP pressure and your technologist will be adjusting this via remote control throughout the night. During a CPAP titration you are also allowed to sleep in any position, however we would still like to see some time on your back. If you do not spend enough time on your back during the study your

technologist will briefly wake you and help move you onto your back. If you are already on CPAP, please bring your mask with you to your study – your technologist will check it for fit and wear.

If you are scheduled for a “split-night” study: The first portion of the night we will monitor your breathing for signs of Obstructive Sleep Apnea, periods of time where you actually stop or have difficulty breathing. The second part of the Split Night study will include CPAP.

Instructions for the Multiple Sleep Latency Test (MSLT)

The MSLT is a standardized test to rule out Narcolepsy and/or Idiopathic Hypersomnolence (Excessive Daytime Sleepiness):

After your Standard PSG Study, you will spend the day at the Sleep Center to perform a series of “Nap Studies”. Some of the monitoring devices that were placed on you for the sleep study will be removed. After these devices have been removed, you are to change into your “daytime clothes”.

The first nap will begin generally 1.5-2 hours after you are awakened from your sleep study. Additional naps will occur at 2 hour intervals. Each nap is an “opportunity” for you to sleep. We will be monitoring your tendency to sleep when given the opportunity to do so.

In between each nap study you are to remain awake and out of the bed. We will provide you with breakfast and lunch during the day of the study. You are not allowed to have any caffeinated beverages during the day.

Instructions for the Maintenance of Wakefulness Test (MWT)

The MWT is a standardized test to measure your level of alertness/wakefulness.

This is a series of studies that is similar to the MSLT and are also performed throughout the day immediately following your sleep study. Some of the monitoring devices that were placed on you for the sleep study will be removed. After these devices have been removed, you are to change into your “daytime clothes”.

The first study period will begin generally 1.5-2 hours after you are awakened from your sleep study with additional sessions occurring at 2-hour intervals. During each 20-minute session you will attempt to remain awake while sitting in a darkened room. During the test you are not allowed to stimulate yourself in any manner (pinching yourself, singing, reading, etc.).

In between each study, you will stay out of bed and attempt to remain awake. We will provide you with a breakfast and lunch during the day of your study. You will not be allowed to take any naps, or have any caffeinated beverages and/or food during the day.

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Note: If you are scheduled for and MSLT or MWT, please wear a button down pajama top on the night of your study.

Instructions For Home Studies

Please refer to the font of this booklet for the test(s) you have been scheduled for

Description	Procedure Code
Home Apnea Study	95806
Auto CPAP Study	94660
Combined Home Apnea with Auto CPAP	95806 & 94660

Please arrive at the Sleep Center ON TIME!

Your technologist will have other patients to set up.

ON THE DAY OF YOUR STUDY:

- ☐ Do not eat or drink caffeine after 12:00 noon. The following foods and drinks contain high levels of caffeine
 - Coffee
 - Chocolate
 - Most tea, including iced tea, traditional black tea and green tea (which is often served in Asian restaurants)
- ☐ Please do not consume any alcoholic beverages or intoxication substances on the day of your study. Patients under the effect of alcohol or non prescription drugs will not be able to perform their study
- ☐ Avoid naps all day
- ☐ Before coming to the sleep center
 - Eat a normal meal
 - Shower and put on the nightshirt you will wear to bed. You may wear something loose fitting on top of it.
- ☐ Complete all paperwork and questionnaires in this booklet

PLEASE BRING:

- ☐ This booklet and any other paperwork that has been sent to you.

AFTER YOU COMPLETE YOUR STUDY:

- ☐ Please return your equipment ON-TIME. Our equipment is used EVERY NIGHT of the week. If it is not returned someone else's study will need to be cancelled. Late Fees will be applied for overdue equipment.

The Home Study Procedure

Most Home Studies require two separate nights of testing. The first test, The Home Apnea Study measures your snoring and/or sleep apnea levels. The second test, The Auto CPAP Study uses an automatically adjusting CPAP device to monitor the level of pressure required for normal breathing throughout the night. Depending on your individual circumstances it is possible that your physician has ordered only one study or the other. Check the front page of this booklet to verify what study(s) you will receive.

You will pick up the equipment at the Sleep Center on the night of your study. The technologist will apply the sensors at the center and you will wear them back to your home. During your hook-up the technologist will carefully review the use of each piece of equipment. The entire process takes approximately 20-30 minutes. Don't worry; none of the monitoring devices will be painful. The monitoring devices are very sturdy. If a one is pulled off or dislodged, your technologist will be able to help you to reposition it over the phone.

During both tests, you should go to sleep at your normal time. However we need at least 7 hours of recording time, so plan accordingly. You may sleep in any position during the night. We do request that you sleep for some time on your back (unless you have a medical condition that would make it difficult to do so).

The technologist will demonstrate how to remove yourself from the test unit if you need to use the restroom during the night.

During the **Home Apnea Study** the following parameters will be monitored:

- ☐ **ECG** - (Electro-cardiograph or heart rate) to monitor your heart beat and rhythm
- ☐ **Respiration** - Your nose and mouth will be monitored by a thermocouple or pressure transducer, which looks like a small oxygen cannula. Belts that are placed around your abdomen and chest will monitor your respiratory effort. These are placed outside of your bedtime clothes.
- ☐ **Oximetry** - A finger probe will read your oxygen saturation levels throughout the night.

The **Auto- CPAP Study** will generally take place on the night following your Home Apnea Study. This test uses CPAP - Continuous Positive Airway Pressure to open your airway for normal breathing. The machine will automatically adjust to your changing pressure need through out the night.

On your set-up night, the technologist will size you for a proper fitting mask that will be worn during your study. If you commonly breathe through your mouth, we will supply you with a chinstrap to help you keep your mouth closed during the study.

The technologist will demonstrate how to remove yourself from the unit if you need to use the restroom during the night

If you have any questions during the study, please call the

EMERGENCY number – 831.465.0588

What do I do After The Sleep Study?

If you were seen at a Central Coast Sleep Disorders Center facility by:

Dr. William Hart

Please wait for the Doctor's office to call you for a follow-up appointment. His office will contact you after they have received and reviewed the test results.

If you were seen at a Central Coast Center for Sleep Disorders Center facility by:

Dr. Aaron B. Morse

Please phone us on the **next business day** at **(831) 465-0586** to schedule a follow-up appointment. Let the Services know when your sleep study was done and schedule your appointment approximately 2-3 weeks from that date.

If you were seen and/or referred by a non-CCSDC physician:

Most of our Physician's have requested that you wait for their office to call you for a follow-up appointment, after they have received and reviewed the test results. This generally happens within a 2-3 week time period. If your Doctor's office hasn't contacted you within 2-3 weeks,

please contact them to verify they have received your test results. If your Doctor's office has given you different instructions, please follow them.