Epignosis Specialty Practice 320 Wilson Street West Hempstead, New York 11552

CONTINUOUS POSITIVE AIRWAY PRESSURE SLEEP STUDY (CPAP TITRATION)

You have been scheduled on _______ for an overnight sleep study at the West Hempstead Sleep Disorders Center. You should report at 9:00 pm to the front of the building. (Wilson Street, entrance). Your physician has previously diagnosed you with Obstructive Sleep Apnea. The technician will use Continuous Positive Airway Pressure (CPAP) to treat your breathing during your sleep.

Before you go to sleep, a technician will teach you about this treatment and you will have a chance to watch a short videotape. You will be fitted for a mask, which will make a tight seal around your nose only. You will then be asked to go to sleep with the mask on, which is attached to a long hose, connected to a compressor. During your sleep, the pressure will be adjusted until the best pressure to treat your breathing is reached.

In the morning, you will be asked your opinion about your night's sleep. Preliminary results of your overnight study will be reviewed, generally within two working days. If the study appears to have been successful, both in terms of your comfort and improvement of your breathing during sleep, CPAP will be ordered for you at that time.

CPAP is generally ordered by faxing a prescription to a home care company. They are responsible for:

- 1. Contacting you (usually) soon after they receive a faxed prescription 1-2 working days after your study.
- 2. Making arrangements to get CPAP paid for by your insurance company (most plans will cover CPAP equipment)
- 3. Delivering the equipment to your home or other location convenient to you.
- 4. Providing you with necessary replacement parts (filters, masks, etc...) as needed.

Usually an appointment to see Dr. Esan will be made for three to four weeks after your sleep study. Thus, you should have several days of experience with CPAP use before the visit.

We have tried to make this experience as efficient and comfortable as possible. CPAP is a remarkable effective form of treatment that is successful for most patients with sleep disordered breathing. We hope that this treatment will work for you. If you have any questions about this procedure, please contact the sleep center at (516) 485-5800.