

PATIENT INSTRUCTIONS FOR SLEEP STUDY

Your sleep study is scheduled for _____ at _____ p.m.

This is an overnight test and you will be released between 5:45 a.m. and 6:00 a.m. If you need to be woken earlier, please let your technicians know. In cases where your sleep physician has ordered additional sleep testing you may be asked to stay over the next day for daytime testing.

The day of your sleep study:

- Please wash your hair prior to coming to the sleep center.
- Do not use hairspray, crème rinses, mouse, styling gel or conditioner.
- Do not apply makeup or lotion.
- Do not take any naps during the day of your study.
- Do not drink alcoholic beverages on the day of your study.
- Do not consume beverages or foods containing caffeine for at least four hours prior to your test.
- Please take your regular nighttime medications (**with the exception of a sleep aid**) prior to arriving for your sleep study. You may take your regular sleep aid once you have been instructed to do so by the technologist performing your study. If you are diabetic, please bring your supplies and medications with you.

Include the following items in your overnight bag:

- Loose fitting, overnight attire, preferably a two-piece garment (no silk or satin).
- You may bring your own pillow if you prefer.
- Bathroom and shower facilities are available for your convenience. We provide a wash cloth and towel, however please bring any toiletries that you may need.
- A cable television and DVD player are provided.
- Feel free to bring reading materials or DVDs with you.

If you have any questions or need to cancel your sleep study, please call 859.258.4627 or toll free at 800.565.6841. Please provide at least a 72-hour notice in the event you need to cancel.

Lexington Clinic Sleep Center is located on the second floor of the Lexington Clinic Outpatient Surgery Centers at:

1225 South Broadway, 2nd Floor
behind the main Lexington Clinic building at 1221 South Broadway.

Entrance #1: Enter parking lot off South Broadway

Entrance #2: Enter parking lot from Gibson Avenue



WHAT TO EXPECT WHEN YOU HAVE A SLEEP STUDY

Polysomnography (PSG)

A PSG is an overnight sleep study that monitors the quality of your sleep and sleep complaints. The technician will prepare you for the sleep study by taping multiple electrodes to your face and scalp to record brain waves, breathing patterns, heart rhythms, blood oxygen levels, eye movements and leg movements while you sleep. The preparation time takes about 30-45 minutes.

Titration Study

If diagnosed with sleep apnea, your physician may order a titration study (CPAP/BiPAP titration study). This test follows the same procedures as a PSG but you will wear your CPAP tubing and mask during the study to ensure proper fit and calibration. The technicians will use your mask to monitor and adjust for a corrective air pressure to treat your breathing changes as you sleep.

Multiple Sleep Latency Test (MSLT)/Maintenance of Wakefulness Test (MWT)

The MSLT and MWT measure how sleepy you are during the day. If your physician orders one of these tests, you will need to make arrangements to stay all day and plan to be released around 5:00 p.m.

- The MSLT consists of five (5) 20 minute naps with 2 hours between each nap. You should not have caffeine, alcohol or tobacco 4 hours prior to the test.
- The MWT consists of four (4) 40 minute trials where you will sit in a dimly lit room and stay awake without stimulation (e.g. pinching yourself, twitching your feet or humming). There will be 2 hours between each trial. You should not have caffeine, alcohol or tobacco 4 hours prior to test. You need a good 6 hours or more of sleep the night before. If you wear CPAP you need to wear CPAP the night before and be tolerant and compliant with therapy before coming to the test. We will provide lunch. Please bring movies or reading material for your 2 hour breaks.

After Your Study

Your sleep study results will be reviewed by a sleep medicine physician who will recommend treatment options. The report of these findings will be sent to your referring physician. If you do not already have a follow-up appointment, please call our office at 859.258.4627.