

## **Sleep Study /Clinic Appointment Information**

### **Sleep Study Appointment:**

**Name:** \_\_\_\_\_ **Date/Time of study:** \_\_\_\_\_

**If you need to re-schedule your study, as a courtesy please notify us at least 48 hours in advance (as we have scheduled a technician to work that night) at 508-765-3020. If you need to cancel on the day of the study, please call 508-949-8960.**

### **Arriving at the Sleep Lab:**

The Sleep Lab is located at Harrington HealthCare at Webster, 340 Thompson Road, in Webster, MA. Parking is available in the lot behind the Emergency Care Center entrance. Please enter through the Emergency Care Center and check in at Registration. After you complete the registration process, the registrar will notify the sleep technician who will come down to the Emergency Care Center and escort you to the Sleep Lab, which is on the second floor.

### **Why did my doctor order a sleep study?**

A Sleep Study (polysomnogram or PSG) measures your breathing, heart rate/activity, oxygen levels, and brain waves (this tells the physician if you are getting the proper amount of each sleep stage, via EEG) during sleep. The sleep study helps determine why your sleep may not be restful and can help find the cause of snoring and daytime sleepiness. The test is also used to diagnose sleep apnea and can also look for cardiac abnormalities. Many times during the night, people who have sleep apnea stop breathing or have shallow breathing. Common symptoms of sleep apnea include daytime sleepiness, snoring, headaches, high blood pressure, memory loss, difficulty concentrating, and impotence.

### **What should I expect to happen during the night?**

Your bedroom will be a private room with a full size bed, private bathroom, and flat screen TV. Rooms with handicapped equipment are also available. Wires will be taped or pasted (paste is a non toxic odor-free paste that is washed out when you shower) on the skin of your face, scalp, and legs (similar to an EKG or EEG). Stretchy cloth belts are loosely placed around your chest and stomach. The wires and belts send signals to a computer. A computer records your sleep stages, heart rate, breathing rate/flow, and oxygen levels. A video camera and microphone will record your movements and any snoring or talking during sleep. The camera only functions while the study is recording. The Sleep Technologist will be available all night.

**What should I do to prepare/bring for the study?**

- **Please complete the enclosed questionnaire and bring it with you.**
- **A family member may stay with you if that makes you more comfortable. Please let us know ahead of time so we may have a recliner available for your guest. We ask the family member not to disturb you during your study.**
- **Do not have any caffeine after 10:00 AM. Also do not have any alcohol on the day of your study.**
- **Bring comfortable, loose fitting sleeping attire (this will allow the wires to fit comfortably).**
- **Shower before you come to be sure the natural oils that your skin produces are at a minimum so the wires will attach more securely. Men should be freshly shaven, but there is no need to remove beards, etc. Do not apply lotions. You may bring your own pillow, light snack, or reading material.**
- **If you use CPAP or BIPAP, you should bring your mask and machine.**
- **Bring any medicines you normally take during the night or upon awakening. We do not dispense any medication.**
- **Please make sure you bring your insurance card(s).**
- **People often get anxiety about their first sleep study. Nothing is painful and there are no needles involved. So relax and try not to worry. Our rooms are comfortable and inviting.**
- **Plan on leaving around 5:30-6:30 AM**

### **Follow up Clinic Visit with the Sleep Specialist**

- **As part of our comprehensive sleep diagnostics program, most of our patients are referred to our sleep clinic to have the opportunity to sit with our sleep specialist a few days after your sleep study to go over the results of the study and to also provide the appropriate care based on the results.**
- **The Board Certified Sleep Specialists of Mass Lung and Allergy, PC, see our patients to review their sleep study results and determine a plan of care to improve your sleep issues/condition.**
- **Your referring physician may have already scheduled your appointment to see the sleep specialist. However if you do not have an appointment scheduled to see one of the sleep specialist's please call Mass Lung and Allergy at 508-949-8960 to schedule one.**
- **Mass, Lung and Allergy outpatient appointments are located at Harrington Physician Services in Webster (340 Thompson Road) and Charlton (10 N. Main Street).**