



You have been scheduled for a **Polysomnogram**

Appointment Date	
Arrival Time	

You have been scheduled for a **Polysomnogram**.

A polysomnogram is a procedure which measures bodily functions during sleep. Each study will vary depending on the individual case. Some of the measurements taken may include:

- Brain Waves (Electrodes placed on scalp)
- Heart Beats (Electrodes placed on chest)
- Eye movements (Electrodes placed above and below the eyes)
- Muscle tension (Electrodes placed on the chin)
- Leg movements (Sensors placed on the lower leg)
- Airflow breathing (Sensors placed underneath the nose)
- Chest and Abdominal Breathing (Sensors placed around the chest and abdomen outside of your pajamas)
- Blood oxygen levels (A small sensor attached/taped to your finger)

Why Record All These Things?

During sleep, the body functions are different than while awake. Disrupted sleep can disturb daytime activities, and sometimes medical problems such as sleep apnea, limb movement disorders of sleep and insomnia during sleep involve a risk to your basic health. Audio and visual monitoring is also used to determine movement, position change, and snoring for physician review.

How Can I Sleep With All These Things On Me?

Surprisingly, most people sleep reasonable well. We are only looking to obtain a sample of your sleep. The body sensors are applied so that you can turn and move during sleep. None of the electrodes break the skin. The entire procedure is painless. Our staff will try to make your sleeping environment as comfortable as possible.

Will the Sensor Device Hurt?

No. Sometimes, in rubbing the skin or putting on the electrodes, there are mild and/or temporary skin irritations. You may also feel a sensation of warmth where the oxygen measuring device contacts the skin on your finger. However, these do not generally cause any significant discomfort.

Will I Be Given A Drug To Help Me Sleep?

Possibly, depending on your medical and sleep condition. **It is also important not to consume any alcohol or caffeinated beverages on the day of the testing.**

IMPORTANT:

PLEASE DO NOT STOP ANY OF YOUR MEDICATIONS WITHOUT FIRST CONSULTING YOUR PERSONAL PHYSICIAN!!

What Is A Multiple Sleep Latency Test/Maintenance of Wakefulness Test (MSLT/MWT)?

Some patients also participate in daytime testing. This test consists of a series of 15-35 minute naps. The same kind of information is measured as for a polysomnogram, and naps are given every two hours throughout the day. In most cases, the MSLT/MWT is completed by 6 PM.

What Should I Bring?

- Your own pillow (most people sleep better with a familiar pillow.)
- Bed clothes (preferably two pieced pajamas.)
- Personal toiletries and change of clothes for the next day.
- Any necessary medications (none will be supplied by our staff.)
- We will provide towels and bedding, and there will be toilet facilities.

Is This Test Covered By Insurance?

For most patients, sleep studies are covered under major medical insurance plans. The percentage of coverage depends upon your specific plan. The best place to find out about details of coverage is your insurance company.

What Happens To The Polysomnogram?

Except for weekends, sleep studies are reviewed the next morning by our physicians. It takes about a week for the study to be scored and a report generated. If you were referred by a doctor or other health care professional, we will send a report to that person. Requests for reports to be sent to other health care providers should be made in writing with an appropriate signed medical release of information.