



In Lab Sleep Study at Hope Medical Center: What to expect

What is a Polysomnogram (PSG)?

A polysomnogram is a test which measures brain and respiratory functions during sleep.

- Brain Waves (EEG) surface electrodes on head
- Heart Rate (EKG) surface electrodes on chest
- Eye Movement (EOG) surface electrodes above and below eyes
- Muscle Movements (EMG) surface electrodes on and under chin
- Limb Movements (EMG) surface electrodes on lower legs and arms
- Breathing (Nasal/Oral) sensors placed onto the skin near the nose and mouth
- Breathing (Respiratory Effort) small elastic bands placed on the ribcage
- Blood Oxygen Levels (SpO₂) small probe attached to finger, and not taken from actual blood samples
- Other body functions may be recorded to answer special questions about such things as CO₂, pH
- Sensor attachment will be done utilizing 10/20 (a glue-like substance) which is easily removed.
- Please prepare for this process by washing your hair thoroughly before your visit to the Sleep Clinic
- A video recording will be done in some circumstances.

Why record all these things?

Disturbed sleep can affect daytime activities and sometimes medical problems during sleep involve a risk to your health. These parameters are recorded to obtain objective information about the quality of sleep to better define your sleep problem.

How can I sleep with all these things on me

Surprisingly, most people sleep well. The body sensors are applied in a manner that will allow you to turn and move during sleep. Generally, you will not be disturbed by the monitors after they have been on for a while and many patients report that they actually sleep better here than at home. Remember that this is not a performance test, but merely a recording of how you sleep.



Will the sensor device hurt?

No!! Sometimes, in rubbing the skin, there are mild temporary irritations. However, this does not generally cause significant pain.

What should I expect?

- A technologist will greet you, at your scheduled appointment time, in the waiting area of the clinic.
- There will be additional paperwork to complete.
- We will apply the electrodes and the sensors over a period of 1 hour
- You may go to sleep at your normal bedtime within the constraints of the sleep protocol.
- During the recording process, your sleeping patterns will be observed, and a sleep technologist will assist as needed during the entire recording process.
- We typically awaken patients between 5:45 am and 6:30 am unless an earlier wake up time is desirable.
- Please keep in mind that the equipment takes 15 min to remove.

What is a Multiple Sleep Latency Test (MSLT)?

Some patients also participate in daytime testing. This test consists of a series of 20 minute nap opportunities. The naps are conducted every 2 hours throughout the day. During the nap period you are encouraged to sleep and during breaks you **MUST** stay awake, otherwise the study is compromised. In general this study is concluded by 5 pm.

What should I bring?

DO NOT BRING ANY VALUABLES OR MONEY WITH YOU!

WE ARE NOT RESPONSIBLE FOR ANY LOST OR STOLEN MONEY AND/OR VALUABLES!

- Something comfortable to sleep in. You may bring a robe if desired.
- Something to read or to work on during the non-sleep period.
- A family member or friend (just one) is welcome to accompany you until bedtime. Please note: we do not provide sleeping accommodations to family/friends (except for those attending children under the age of 18 years and/or disabled persons)



- Personal hygiene (toothbrush, toothpaste, comb, brush, etc.) and a change of clothes for the next day.

****ANY MEDICATIONS NEEDED!***

- Please bring a list of medications you have taken in the past month.
- Please bring a special pillow, stuffed animal, or white noise device if desired.
- Children should bring their favorite blankets, books, or toys. Please do not bring pets.
- If you recently have used a CPAP/ Bi-Level, please bring your mask and headgear with you. It is NOT necessary for you to bring your machine.

What should I expect regarding meal service?

- Hope Internal Medicine and Sleep is an outpatient facility. Meal service is NOT provided, except for patients scheduled for daytime nap testing (MSLT). **PLEASE**
- **HAVE A MEAL EAT PRIOR TO ARRIVAL TIME.** Please plan to bring snacks and drinks/refreshments, if you so desire during your stay in the Sleep Clinic.

When do I arrive for the sleep study?

- Hope Internal Medicine and Sleep opens at **8 pm** for overnight sleep studies. **IT IS IMPERATIVE THAT YOU ARRIVE ON TIME!!!!**
- If you have difficulty staying alert while driving, please plan for transportation to and from the Sleep Clinic.
- NO SMOKING is allowed inside the Sleep Clinic according to building and state regulations.

What happens to the polysomnogram?

- The record of your sleep test will be about 1000 epochs long and is stored on a disk. It will be analyzed in detail by a technologist and board-certified physician. You will require a follow up appointment to review the clinical data uncovered by your sleep study once complete.