

Why should I consider a sleep study ?

The National Commission on Sleep Disorders research found that 40 million Americans are chronically ill with various sleep disorders. If not treated, a sleep disorder could lead to:

- Heart attacks
- Strokes
- Car accidents
- Problems at home or work

Most sleep disorders are easily treated and can greatly improve your quality of life. The sleep test or Polysommography is usually covered by insurance as an outpatient procedure and is completed with a short stay in a sleep lab.

SLHV Locations

**11155 Dunn Road, Suite 304E
Christian Hospital
St. Louis , Missouri 63136
314-741-0911 Fax 314-741-0501**

**12277 DePaul Drive, Suite 503
DePaul Health Center
Bridgeton, Missouri 63044
314-739-9618 Fax 314-739-9727**

**2118 Washington Avenue
Granite City, Illinois 62040
618-876-8214 Fax 618-451-9111**

**2355 Dougherty Ferry Road, Suite 320
Des Peres Hospital
St. Louis, MO 63122
314-741-0911 FAX 314-741-0501**

**SLHV Arrhythmia Monitoring Center
24/7 Monitoring Service
11155 Dunn Road, Suite 304 E
St. Louis, MO 63136
314-741-0911**

**SLHV Sleep Lab
2880 Netherton Drive, Suite 102
St. Louis, Missouri 63136
314-741-0911**

We invite you to visit us on the web at

www.slhv.com



St. Louis Heart and Vascular

Sleep Lab

**2880 Netherton Drive, Suite 102
St. Louis, Missouri 63136**



What is problem sleepiness?

Everyone feels sleepy at times. However, when sleepiness interferes with daily routines and activities, or reduces the ability to function, it is called “problem sleepiness”. A person can be sleepy without realizing it. For example, a person may not feel sleepy during activities such as talking and listening to music at a party, but the same person can fall asleep while driving home afterward.

You may have problem sleepiness if you:

- Consistently do not get enough sleep, or get poor quality sleep
- Fall asleep while driving
- Struggle to stay awake when inactive, such as when watching television or reading
- Have difficulty paying attention or concentrating at work, school, or home
- Have performance problems at work or school
- Are often told by others that you are sleepy
- Have difficulty remembering
- Have slowed responses
- Have difficulty controlling your emotions
- Must take naps on most days
- Snoring

What can I expect during my visit?

There is nothing to fear while taking part in a sleep study. When you arrive you will be greeted by a trained sleep technician. He will show you to your room, where you should have no trouble feeling comfortable and at home.

Once you are settled in and ready to begin the study, the sleep technician will attach sensors to various areas of your skin with a special paste and tape application. You are free to watch television, read or just relax prior to falling asleep.

Medications

If you are taking any medications, please be sure you have discussed them with your doctor since some medications (especially sleeping pills, stimulants, antihistamines and drugs for anxiety or depression) can interfere with test results and might need to be discontinued prior to your test.

You should take all of your usual medications on the day and night of the sleep test unless your physician advises you otherwise. Please remember to bring along a list of all medications you are taking.

How do I prepare for my visit?

On the day of your sleep study:

- Avoid caffeine and alcohol.
- Do not take any naps, or sleep in later than usual.
- Try to follow your normal routine: no excessive exercise, stress, or eating.
- Bring something comfortable to sleep in.
- Because sensitive sensors will be applied to your skin on your scalp, face, chest and legs, it is important that you shower and thoroughly wash your hair prior to coming in for your test. Do not apply hairspray or other products like hair oils or mousse after you shower.
- You may bring your own pillow, reading material, or anything else that will make you feel more at home.
- Please bring the pre-test questionnaire.

If you have an illness (even a cold), please contact our office to reschedule your test.