

PSG – Polysomnography Test

Patient education handout

What is a sleep study?

The sleep study you will receive is called a “polysomnogram”. The polysomnogram is used to identify different sleep stages and classify various sleep problems. The actual sleep study might take from one to two nights, depending on the results. A sleep study is a diagnostic tool that will allow us to tell your physician the following:

- What your sleep cycle is
- Why you are having difficulty sleeping or wake up feeling tired
- If you have a sleep disorder
- How to treat the disorder to make your sleep, and feel better.

How do you do the study?

To study you in your sleep, there will be leads on your chest, scalp, face and extremities that monitor brain waves, heart beat, blood oxygen level, eye movement, chin, respiratory effort, nasal/mouth breathing and leg movements.

How long does the study take?

All sleep studies are overnight. You are asked to arrive between 8 – 9 pm and will typically stay till around 5 – 6 am. We need a minimum of 6 hours of “sleep time” (and not just time in bed) to be able to create a report for your physician.

NOCTURNA Sleep Care is committed to partnering with patients and physicians to promote and provide excellence in sleep medicine.

For information on sleep apnea or sleep testing clinics, visit: www.sleepdisordercenters.com or call toll-free:

Oklahoma: 1-877-81-SLEEP • Texas: 1-877.-98-SLEEP.

What if I work odd hours?

Day studies are available for patients who happen to be shift workers. Please speak to our scheduling coordinator. Accommodations can also be made if you have an unusual schedule and need to arrive a little bit early or late. Please let us know in advance so we can make arrangements.

Does it hurt?

No, a diagnostic sleep study is purely observational. There are no needles, medication or pain associated with a sleep study.

How much does it cost?

Sleep studies are covered by insurance. Nocturna will handle all verification and authorizations for you and bill your insurance company for you. You will be informed if there are any out-of-pocket costs such as a co-insurance or co-payment before the night of study. We accept personal checks, money orders, Visa and Mastercard. We do not accept cash.

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CPAP – Polysomnography with titration

Patient education handout

What is CPAP?

CPAP stands for Continuous Positive Airway Pressure therapy. A CPAP study is a polysomnogram (sleep study) with CPAP titration; it is the second part of most sleep studies. The first night, or PSG study is only diagnostic. The CPAP study, or second night study, is a therapeutic study.

Why do I need a CPAP study?

You may need a CPAP study because your airway has a tendency to be obstructed or collapse over the course of a night. Clinically, this may be caused by a lot of different reasons – physical obstruction, central signaling problems, apneas, hypopneas, other causes.

Why do you have to “titrate” the CPAP?

Titration, by definition, is the determination of rank or concentration of something. Over the course of the night, a sleep tech will change the level of pressure on the CPAP until “arousals” are eliminated and you can sleep soundly. Everyone is different and needs to be “titrated” to their appropriated level of air pressure, measured in cm of water pressure.

Why do I have to wear a mask?

The mask allows a sleep tech to titrate you and deliver the air pressure necessary to keep your airway open. Masks come in all shapes and sizes. The three major categories of masks are: nasal pillows (smallest), nasal masks, and full-face masks (largest). You will be fitted for the type of mask that fits you best and is the most comfortable.

What does it feel like to be on CPAP?

During the CPAP study, you will feel air blowing – either through your nose or both your nose and mouth.

Can't find illustration with mask

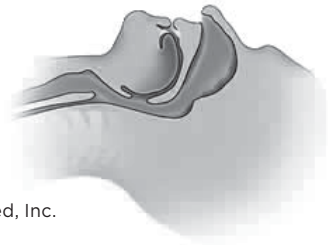


Illustration courtesy of ResMed, Inc.

Do I have to do anything differently than my first sleep study?

No, your preparation for the second study is the same.

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