

## ABOUT YOUR SLEEP STUDY AND ACCOMODATIONS

Our Sleep Lab rooms are a private, decorated room furnished with a queen-size bed, private bathroom, and a television with a dvd/vhs player. Also, the rooms are equipped with a recliner for your comfort. It is important to us to make sure that your overnight stay is as comfortable as it can be. There are showers available in the morning along with a breakfast muffin, fruit, juice, and coffee.

A **Sleep Study**, or **Polysomnogram**, is an overnight recording of sleep patterns and behaviors associated with sleep. The study is painless.

A trained technician will use tape and paste to apply a variety of sensors to your face, scalp, chest, and legs. There will also be a stretchy belt around your chest and another around your abdomen, as well as a snore microphone taped to your throat. None of these sensors are invasive. They will remain attached to you for the duration of the night, and the technician will be watching the signals they provide on the computer screen in the control room of the Sleep Lab.

### **The functions recorded with these sensors are:**

Breathing, brain activity, eye movement, leg movement, chin muscle tone, heart rate and rhythm, oxygen saturation, snoring, and respiratory effort.

All these wires are plugged into a small box called a Jack Box, or Head Box, which is in turn connected to a Patient Cable. This long cable enables you to move about in the bed freely. During the recording of the study, the Patient Cable is linked to the computers in the control room b wires run through the ceiling of the lab. If you need to get u p during the night, the technician will instruct you in how to call so you can disconnect briefly.

At the end of the testing period, which generally takes at least 6–8 hours, the technician will wake you and remove all the leads. You will be asked about your sleep during the night so the physician can better determine your perception of how your sleep was.