

How to prepare for your overnight sleep study at Mercy Sleep Disorders Center

1. **Do not** take a nap on the day of your study.
2. **Do not** drink anything with caffeine in it after 2:00PM on the day of your study (this includes coffee, tea, soft drinks, ETC.)
3. **Do not** drink any alcohol on the day of your sleep study.
4. **Do** wash and dry your hair without gels or hair spray on the day you are to have your study.
5. **Do** take your medications as prescribed by your doctor, unless otherwise directed by your doctor.
6. **Do** wash your face to remove any oils and makeup before coming to the hospital.
7. **Do** shave facial stubble (Men). Full beards should be clean.
8. **Do** bring your own pillow if you feel it will help you sleep.
9. **Do** Bring comfortable pajamas or loose fitting clothing to sleep in (If you have no sleepwear, you will be provided a hospital gown).
10. **Do** bring something to do if you are scheduled for testing the following day.
11. **Do** make overnight arrangements for those traveling with you. We have no facility at the hospital. Please call 752-3801 for the hotel information recording.
12. **Do** plan to be awakened early (6:00AM). You will be ready to depart by 7:00AM.
13. **Do** call Mercy Sleep Center if you have any questions at (405) 936-5208. We are open Mon- Fri 8AM – 4PM and can be reached during the evening after 8PM
14. Due to our electrodes. All hair pieces and/or weaves must be removed prior to your scheduled appointment.
15. If the patient is a minor, a parent or legal guardian must also plan to spend the evening.
16. Please notify us of any cancellations within 48 hours of your scheduled appointment.

* Please note: The sleep technicians arrive nightly at 8:00PM*.

Introduction to Obstructive Sleep Apnea and Nasal CPAP Therapy

This information is presented to help you better understand your sleep disorder and the treatment. We will answer some of the more common questions about sleep apnea and Nasal CPAP.

What is Sleep Apnea?

Sleep apnea refers to a condition that occurs while you are sleeping when no air is able to get into your lungs.

What happens to a person who has sleep apnea?

When movement of air in and out of your lungs is disturbed, less oxygen is delivered to the blood. This causes you to wake up many times during the night. As a result, you don't get enough of the right kind of sleep.

How do you know you have this?

Your doctor will order (or had ordered) a test that evaluates your sleep patterns. Small painless electrodes are applied to monitor brainwave activity (to help determine sleep stages). EKG (heart rate), EMG (muscle activity), and EOG (eye movements). A thermocouple placed under your nose is used to monitor airflow, electrode belts are used to monitor respiratory chest effort and abdominal effort, and a flexible probe is placed on your finger to monitor your blood oxygen saturation. In addition, a snore microphone is used to determine the amount of the night you spend snoring. The technician will monitor these channels of information on a computerized polysomnographic machine.

How will Nasal CPAP Help?

The nasal CPAP system works to prevent the structures in the throat from blocking air movement in and out of your lungs. To do this a small amount of pressure is applied through your nose. The pressure works to keep the airway open, which allows air to move from your nose to the top of your windpipe. It splints the airway open with air.

As long as you are able to move air in and out of your lungs, you will have enough oxygen. Your sleep will no longer be disturbed by too little oxygen. Thousands of people worldwide are already using this system.

How do you use Nasal CPAP treatment?

You will need to use Nasal CPAP only during the time you normally sleep. You will receive thorough instructions at the Sleep Diagnostic Laboratory and from your home care dealer before using it at home.

You and your family will learn how to connect tubing and valves and how to operate the blower unit. With the proper training, the equipment is easy to use.

Is this therapy dangerous?

The sleep study allows your doctor to know how much pressure you will need to be sure you get just enough to treat apnea. The equipment you are using at home can't be accidentally adjusted to levels other than what your doctor ordered. Pressure levels prescribed are very low. In fact, you build up more pressure in your lungs when you cough or sneeze.

If you lose your electrical power or should you displace the mask during sleep, you will continue to breathe through your mouth as you usually do.

How long will I need Nasal CPAP?

This will depend upon a number of factors. To be most effective, you must follow the treatment plan worked out for you by your doctor and consult your doctor if you have any questions or problems.

If you have Obstructive Sleep Apnea Syndrome, your doctor may prescribe weight loss as well as Nasal CPAP therapy.

What will Nasal CPAP do for me?

Nasal CPAP will help you breath better during your sleep. This means you won't interrupt your sleep during the night and you will be able to get enough of the right kind of sleep. You should notice some of the following effects:

1. Less daytime sleepiness.
2. Feeling more alert.
3. Improved memory.
4. More motivation.
5. Better work performance.
6. An overall improved outlook on life.

We are happy to have the opportunity to help you. If you have any questions before or after the sleep study, please call us and leave a message at the phone number below. One of the technicians will call you back as soon as possible.

Mercy Sleep Disorders Center
(405) 936-5208