

Welcome to

ST. JOSEPH MERCY HOSPITAL SLEEP DISORDERS CENTER

Welcome to your sleep study. During your stay we can conduct up to three separate studies. You may have one, two or all three of these studies. Let's look at each one separately.

1. The NPSG or **Nocturnal PolySomnoGram** is a study conducted overnight. We will monitor:
 - Breathing
 - Heart rate
 - Snoring
 - Talking
 - Sleep stages
 - The number of times you wake up
 - Leg movements
 - Body movements
 - Oxygen levels

Many wires and other monitoring devices will be attached to your scalp, face, chest and legs for this study. There will be belts around your chest and abdomen, an airflow sensor placed under your nose, and a clip placed on your finger to measure your oxygen levels. This may feel a little overwhelming but our technologist will explain the purpose of everything when they are applied. Please make sure you let your technologist know if you have any tape or latex allergies.

2. The MSLT or **Multiple Sleep Latency Test** is a series of 4 or 5 short naps conducted the morning after your night time study. We will ask you to rest. If you can fall asleep that's great, if you can't that's ok too. Your technologist will let you know when the naps are over and you will have some free time between each nap. We will ask you not to eat or drink any caffeine or chocolate until your study is complete.
3. The CPAP or **Continuous Positive Airway Pressure** machine is used to treat patients diagnosed with Sleep Apnea. Sleep Apnea is when a person takes periodic breaks in their breathing pattern during sleep. This study will determine the personal settings needed to treat this problem. You will be able to try a variety of masks and select the one that is most comfortable and best meets your needs.

It is important to us that you are comfortable during your stay. If you need anything such as an extra blanket, assistance to the restroom or your CPAP mask is uncomfortable, please let us know. We are here to make your stay as pleasant as possible.

The results of your study will be available to your physician's office within a week.



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