

## What is a Polysomnogram (PSG) or sleep study?

A Polysomnogram (PSG) or sleep study is an overnight test ordered to diagnose various sleep disorders.

## What should I expect on the night of my study?

- Bring any medicine you need at night. Bring any medicine for pain or inhalers for asthma or COPD in case you need them during the sleep study. Bring snacks if you are diabetic and make sure you eat before coming to the sleep lab. If you prefer certain pillows or blankets, please bring them with you. The sleep lab is sometimes colder than people expect so bring layers of clothing.
- People often do not sleep as well in the sleep lab as they do at home. If you will use medicine to help you sleep you will be asked to take it at least 8 hours before wake up time. We want to make sure you are safe to drive home the next morning. Plan for someone to drive you home the next morning if you usually do not sleep well or if you take medications that may make you sleepy in the morning.
- Once you check in, a staff member will escort you to your private bedroom. You will be asked to fill out some paperwork.
- A staff member will put equipment on you for the test. This may take about 1 hour.
  - Sensors are put on your head and face with a paste (which will wash out in the shower). The sensors have wires that are long enough to let you move around in bed.
  - Belts will be placed around your chest and around your stomach.
  - A finger monitor will be placed to measure oxygen levels.
  - You will be asked to move your eyes, clench your teeth and move your legs. This is done to be sure that the sensors are working.
  - You will be able to get up and use the bathroom during the night if needed.
  - The equipment does not hurt. The staff will make sure you are comfortable for the night.
- You will be fitted with a CPAP mask at the beginning of the night. Air will come through the mask. The pressure of the air will be changed while you sleep prevent your upper airway from becoming blocked and eliminate breathing pauses while you sleep.
- Staff will try to have lights out as close to your normal bedtime as possible. You will be woken between 6-6:30 am the next morning, unless you need to get up earlier.

## What happens once my study is completed?

- Sleep Study results are analyzed by a registered sleep technologist and then interpreted by a sleep specialist physician.
- A report which summarizes the sleep test findings will be forwarded to the doctor who ordered your sleep test. He or she will coordinate the delivery of your results. Study results are not automatically sent to patients.