



— Memorial Health System —

Sleep Lab FAQs

Below are several frequently asked questions from those having a sleep study and/or those receiving CPAP treatment:

Q: WHAT DO I NEED TO BRING FOR MY SLEEP STUDY?

Please bring the following items with you the day of your sleep study:

- loose fitting clothing, preferably 2-piece pajamas
- list of medications
- any medications that you need to take; if you are diabetic bring your glucometer
- hair and skin are to be free of lotion, gel, hairspray or makeup

Q: WHAT ARE YOU MONITORING IN THE STUDY?

During your sleep study we monitor the following things:

- brain waves
- heart rate
- breathing problems
- leg movement
- oxygen levels

Q: WHAT HAPPENS DURING MY SLEEP STUDY?

A technician will greet you upon arrival. You will be asked to fill out a few questionnaires. You will have several sensors attached to your body to help the technician observe you during the night. Don't worry; you may get up at any time to use the restroom.

Q: WHAT IF I CAN'T SLEEP?

It may seem impossible to sleep with sensors attached to you, but most everyone sleeps enough to facilitate a diagnosis.

Q: WHAT HAPPENS AFTER MY TEST?

The technician will remove all the sensors in the morning. You may shower at the lab if you wish. Your sleep physician will review the entire sleep test and contact you with the results of your sleep study. You will be ready to leave around 6:15 a.m.

Q: HOW DO YOU TREAT SLEEP APNEA?

Sleep apnea is treated with CPAP therapy. This simple non-invasive treatment provides air pressure to hold open the airway while you sleep.

Q: ARE THERE DIFFERENT TYPES OF PAP THERAPY?

Yes. There are a few different types of PAP therapy. Continuous positive airway pressure (CPAP) provides a constant pressure during the night. Most patients will utilize this type of therapy. Patients that are unable to tolerate CPAP may be tried on bi-level positive airway pressure, which provides alternating pressures throughout the night and will benefit patients in need of higher pressures.

Q: WHAT IS CPAP?

Studies have shown that PAP therapy helps people with obstructive sleep apnea (OSA) live longer. PAP therapy provides air pressure to you through a mask that you wear while you're sleeping. This air pressure holds open the airway to allow you to sleep without airway blockage.

Don't be discouraged if you do not feel the results right away. It can take several weeks to feel the full benefits. If after a month you still are not feeling the benefits, talk to your physician at your follow-up appointment to discuss possible causes.

WHAT ARE THE BENEFITS OF PAP THERAPY?

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- improves your mood
 - reduces daytime sleepiness
 - helps blood pressure
 - gives you more energy
 - improves memory

Q: WHAT IF I CAN'T TOLERATE THE MASK?

We have several masks to choose from, your technician will help you with this. You will need a mask that is comfortable, yet seals properly. We understand that wearing a mask to sleep can be challenging for some people. Different styles of masks include ones that cover just the nose and mouth, as well as ones that just sit inside the nose. Wearing a mask can take some adjustment, but it will get easier with time.

FOR MORE INFORMATION

If you have additional questions, or if you need to cancel or reschedule your study, call (740) 568-5310. Please give 24 hours notice if you need to cancel your sleep study.



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