

CNMRI_{PA}

NEUROLOGY • SLEEP DISORDERS CENTER • PHYSICAL MEDICINE • REHABILITATION
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What is a Polysomnogram or Sleep Study?

A polysomnogram or sleep study, is an overnight examination to evaluate how you sleep. The study is completely safe, non invasive and performed by a highly-trained registered polysomnographic technologist. Electrodes or probes will be placed on your body to measure your breathing, oxygen level, EEG, EKG, eye movements and body position. There are several reasons to perform this evaluation, including evaluation of snoring (to ensure that you breath properly during sleep), restless legs, narcolepsy and other sleep disorders.

Preparation for your Study

Please dress in comfortable, loose-fitting clothes and bring your pajamas. It would be preferable to take a shower and shampoo your hair before coming for your study. Please don't put any lotion or other products on your hair or skin as it may make it difficult to place the various connections required for your examination.

Check In

Please arrive at the Sleep Center on time. Bring your toothbrush, toiletries and medications. Once you arrive and get settled, you will be asked to get into your night clothes. The technologist will explain the procedure and make sure you are comfortable. Small sensors or electrodes will be placed on your skin with TEN/20 paste, a glue-like substance, which can easily and painlessly be removed upon completion of the study. Once the electrodes are attached, the technologist will take an initial reading. If everything is working and in order, you'll be made comfortable and ready to go to sleep.

While you are Asleep

While you're asleep, sensors will monitor your breathing and other physiologic parameters. You will be videotaped to help assess whether you have activity or movements which may affect your sleep characteristics. An intercom is available in case you need to call the technologist. Throughout the night, you will be kept under close observation by the polysomnographic technologist.

In the Morning

When you waken in the morning, the technologist will help remove the electrodes and sensors. You may be asked to complete a questionnaire about your night's sleep. You can use the shower and other facilities at the Center if you like. Once you complete the study, you can leave and resume your usual activities.

Results

The technologist and sleep physician will review the data obtained during your study. Your sleep stages will be measured, breathing and oxygen levels assessed and other physiologic parameters correlated so that a proper diagnosis of your condition can be made. Because of the enormous amount of data which needs to be analyzed, you will be asked to make a follow up appointment to discuss your results and treatment options.