

Daytime Sleep Study Information And Instructions

You are scheduled for the following appointments:

1. Daytime sleep study:

☐ Diagnostic ☐ CPAP Titration

☐ Other _____

_____ @ 9:00 AM

2. Follow-up consultation:

_____ @ _____ AM/PM

Your sleep specialist:

- ☐ Dr. V .Hoffstein (Specialty Medicine Office)
☐ Dr.A.Anand (Cardiology Office)

NOTE: We require at least two business days notice (48 hours) for all cancellations or rescheduling. If proper notice is not given, you may be charged a cancellation fee. Our office will call you one day in advance to remind of all scheduled appointments.

The overnight sleep study is frequently used by sleep physicians to evaluate the quality of patient's sleep. This laboratory test is extremely valuable in diagnosis of many disorders, including breathing, sleep, neurological, and movement disorders. The overnight sleep studies (also called polysomnography) are ordered by physicians and are performed in the sleep laboratories specifically designed to carry out these tests. Sleep studies are generally easy to tolerate, comfortable for patients, and give the sleep physician all the information they need to accurately diagnose and treat various types of disorders.

The sleep study

Patient arrived at the laboratory on the scheduled date at 9:00AM. At the laboratory, patient meets with a trained sleep technologist who explains the procedure and performs the study. Patient is assigned a room where s/he completes questionnaires and prepares for sleep (wash face, brush teeth, change into sleep clothes, etc.). A shower room is available for patient's convenience.

For studying the quality of sleep, electrodes are applied to the scalp, sides of the head and under the chin, chest and leg. This allows for the measurement of brain waves, heart rate, and eye movements. A sensor is placed by the nose and mouth for measurement of airflow. Belts

are placed around the rib cage and abdomen for measurement of breathing movements. A clip is placed on a finger for measurement of blood oxygen levels. Other measurements may also be done as required. The electrodes are connected to a box beside the bed for relaying the signals to control room. In addition, all patients are videotaped while asleep and are monitored by the technologists from the control room. No needles or medications are used, so that patient's sleep is as close to the usual sleep one gets at home. Although the sleep study should not bring any discomfort, patient may call the technologist, if there are any problems or concerns, by simply removing the probe from their index finger.



At the end of the sleep study

In general, the patient leaves the laboratory around 5pm, after several hours of sleep. A patient may leave earlier but must notify the technologist of this on the night before. A *minimum of six hours in bed* are required for a proper sleep study and to ensure accurate results. Patients should be aware that because sticky paste is used to attach electrodes to the head, patients will likely have to take a shower before leaving the sleep clinic.

Sleep study results and follow-up care

Once the sleep study is completed, it is processed by a scoring technologist and sent to a doctor specializing in sleep for further interpretation. This entire process takes 1-2 weeks. The results of the sleep study are sent

to the referring and patient's family doctor. Patient may request to forward a copy of these results to other doctors who might be following them by notifying the sleep clinic at the time of booking.

If requested by your doctor, a follow-up consultation with the sleep specialist is arranged. This may take an additional two weeks. An earlier appointment may be arranged depending on the severity of patient's condition. The general purpose of the follow-up consultation is for the patient to meet the sleep specialist. The sleep specialist will explain the results of the sleep study and offer treatment options, if necessary. It is recommended that the patient sees the sleep specialist on a yearly basis or earlier, if concerns arise or patient's health changes.

CPAP Titration sleep study

At a later date, another sleep study may be performed for patients who are diagnosed with sleep apnea or another sleep disorder. This sleep study is called CPAP (Continuous Positive Airway Pressure) Titration. Although the procedure for CPAP Titration sleep study is very similar to the diagnostic one, a mask is fit around the nose and/or mouth. The mask is used to provide air or oxygen to the patient during sleep. The purpose of the CPAP Titration sleep study is to find the optimal pressure level that holds the airway open and lets the patient get a good night's sleep. Although CPAP Titration is quite a usual procedure, not all patients will be referred for a CPAP therapy and sleep study. This decision rests with the sleep specialist following the patient and depends on patient's condition and preference. Any questions should be addressed with sleep specialist who will be able to provide accurate and full information. Please visit our website for more information: www.northyorksleep.ca.

Sleep Study Instructions

- ✓ Do not consume caffeine (coke, chocolate, coffee, tea, etc.), alcohol or recreational drugs on the day of your sleep study.
- ✓ Refrain from taking naps on the day of your sleep study.
- ✓ Take a shower before you come to the lab and do not use any make-up including moisturizer, nail polish or hair gel. Men must clean shave facial hair before arriving, *unless a moustache or beard is normally worn* (moustache and/or beard are okay, stubble on the chin is not).
- ✓ Bring the following with you:
 1. Valid OHIP card. The test is fully covered by OHIP.
 2. Medications or a complete list of your medications. Please continue taking all your medications as usual, unless specifically instructed by your doctor to do otherwise. Let the technologist know, if you have any allergies, especially to tape adhesive.
 3. Two piece pyjamas (or T-shirt and shorts). Please do not bring expensive sleepwear to the lab, as small pieces of tape may be used to secure some wires to your clothes.
 4. If you are using a CPAP device at home, bring your tubes and mask with you. You do not need to bring the machine.
 5. Toiletries, towels, slippers, robe, hair dryer, etc. (you will have your own toilet, sink, and shower)
 6. *Optional:* pillow, reading material (i.e. book, magazine), laptop computer or other non-transmitting portable electronics.
 7. *Optional:* Light dinner or breakfast. The sleep clinic does not serve any meals.
- ✓ Plenty of free parking is available at the sleep clinic. When you arrive, please locate the "North York Sleep & Diagnostic Centre/Executive Offices" entrance (with red canopy) and ring the buzzer to notify the technologist of your arrival. If you are early, please be patient and wait for the technologist to arrive.
- ✓ You must remain in your assigned room or in the common waiting area. Any request to leave the premises, for whatever reason, must be documented and you must be escorted by a technologist.

Your full name: _____

Day	8	9	10	11	12	13	14
What time did you go to bed last night?							
How long did it take to fall asleep?							
What time did you get up?							
Did you wake up during your sleep time? How many times? For how long? Did you get out of bed?							
How much total sleep did you get?							
How tired do you feel, on a scale of 1 to 5? (Very tired = 5)							
Overall, how tired did you feel yesterday, on a scale of 1 to 5? (Very tired = 5)							
How unusual or stressful was your day yesterday, on a scale of 1 to 5? (Very unusual or stressful = 5)							