

INSTRUCTIONS FOR SPLIT NIGHT (CPAP) STUDIES

During your sleep study, you will undergo a “split-night” study whereby the first part of the night will be a diagnostic night to see how severe (if any) you show periods of “stopping of breathing”, also known as sleep apnea. You will be allowed to sleep in any position, however we would like to see some time on your back (unless you have a medical condition that would make it difficult to sleep on your back).

The second part of the night will entail treatment with either CPAP (Continuous Positive Airway Pressure) or BIPAP (dual-level Positive Airway Pressure). This is a mask that will be worn over your nose to treat the snoring as well as the sleep apnea. In this portion of the night you are also allowed to sleep in any position however we would also like to see some time on your back. If during the middle of the night the technician has still not seen you on your back s/he will either roll you on your back or wake you up and ask you to sleep on your back. Do not take any naps the day of your study. Do not drink any caffeinated beverages after 12:00 pm.

INSTRUCTIONS FOR HOME STUDIES

You will undergo a “two-night” home study whereby the first night will be a diagnostic night to see how severe (if any) you show periods of “stopping of breathing”, also known as sleep apnea. You will be allowed to sleep in any position, however we would like to see some time on your back (unless you have a medical condition that would make it difficult to sleep on your back). You will either pick up the equipment at the Sleep Center or a technician will come to your home to demonstrate the use of the equipment. The following parameters will be monitored: Nasal/Oral airflow, respiratory effort, EKG, Oxygen saturation, and body position.

The second night will entail treatment with an auto-titrating CPAP (Continuous Positive Airway Pressure). This is a mask that will be worn over your nose to treat the snoring as well as the pauses in breathing. Do not take any naps the day of your study. Do not drink any caffeinated beverages after 12:00 pm.

INSTRUCTIONS FOR THE MULTIPLE SLEEP LATENCY TEST (MSLT)

This is a series of nap studies that are performed primarily during the day and followed after your sleep study. The first nap will begin generally 1.5-2 hours after you are awakened from your sleep study with the following naps occurring two hours thereafter. These naps are “opportunities” for you to sleep. We are not forcing you to sleep. We just want to see if you would be able to sleep when given the opportunity to do so. Some of the monitoring devices that were placed on you for the sleep study will be removed. After these devices have been removed, you are to change into your “daytime clothes”. In between each nap study you are to remain awake and out of the bed. We will provide you with breakfast and lunch during this study. You are not allowed to have any caffeinated beverages during the day. This is a standardized test to rule out Narcolepsy and/or Idiopathic Hypersomnolence: both a sleep disorder where you would be “excessively sleepy”. Do not take any naps the day of your study. Do not drink any caffeinated beverages after 12:00 pm.

INSTRUCTIONS FOR THE MAINTENANCE OF WAKEFULNESS TEST (MWT)

This is a series of nap studies that are performed primarily during the day and followed after your sleep study. The first nap will begin generally 1.5-2 hours after you are awakened from your sleep study with the following naps occurring two hours thereafter. These naps are “opportunities” for you to “remain awake”. Some of the monitoring devices that were placed on you for the sleep study will be removed. After these devices have been removed, you are to change into your “daytime clothes”. You will either be sitting up in bed or sitting in a chair in a dark room and you are to try to remain “awake” for a period of 40 minutes for each nap. During this 40 minute period you are not allowed to stimulate yourself in any manner (pinching yourself, singing, etc.). In between each nap study, you are to stay out of the bed and try to remain awake. We will provide you with a breakfast and lunch

tray. You are not allowed to have any caffeinated beverages during the day. This is a standardized test to justify your level of alertness/wakefulness (for employment reasons). Do not take any naps the day of your study. Do not drink any caffeinated beverages after 12:00 pm.

PLEASE NOTE: You are to eat dinner prior to coming to the Sleep Center. If you were referred by your personal physician, the results will be sent to that physician. You should schedule a follow-up consultation with that physician in approximately 10 days. If you were seen initially at the Sleep Center, please schedule a follow-up consultation within 7 days. If you require special assistance in getting in and out of bed, you must bring an aid to be responsible for this care. Please take a shower and wash your hair prior to coming to the Sleep Center. No make-up is recommended. You will be given a parking validation sticker for free parking at the Summit Street Parking Garage. If, for some reason you cannot keep this appointment, you must notify us with 48 hours otherwise you may be assessed a \$100.00 cancellation fee.

DO NOT CONSUME ANY CAFFEINATED OR ALCOHOLIC BEVERAGES AFTER 12:00 PM THE DAY OF YOUR STUDY!