

RISKS ASSOCIATED WITH SLEEP DISORDERS

- Hypertension
- Diabetes
- Heart Disease
- Stroke
- Obesity
- Obstructive Sleep Apnea

WHAT IS OBSTRUCTIVE SLEEP APNEA

Obstructive Sleep Apnea (OSA) is a disorder affecting about 18 million Americans that has the potential for serious, and even fatal complications. Persons with sleep apnea actually stop breathing for brief periods of time while asleep.

OSA often results in feelings of fatigue and excessive daytime sleepiness, since ability to reach deep restorative sleep is impaired.

Other warning signs of OSA are often noticed by bed partners and include loud snoring and making snorting or choking sounds and brief periods of shortness of breath.



CHANGES OR CANCELATIONS

If you need to change or cancel your appointment, please call 24 hours in advance.

If you have any questions about your sleep study, please call 330-596-7321.

Thank you for choosing the Sleep Disorder Center at Alliance Community Hospital.



NOW IS THE TIME TO SCHEDULE YOUR SLEEP STUDY.

Contact Us



200 East State Street
Alliance, Ohio 44601
330-596-6000
www.achosp.org



POLYSOMNOGRAPHY SLEEP STUDY (PSG)

APPOINTMENT DATE: _____
ARRIVAL TIME: 8:30 P.M. _____
DISCHARGE TIME: 6 - 7 A.M. _____



WHAT IS POLYSOMNOGRAPHY?

Polysomnography is an overnight test to evaluate possible sleep disorders. Polysomnography generally includes monitoring of the patient's airflow through the nose and mouth, blood pressure, electrocardiographic activity, blood oxygen level, brain wave pattern, eye movement and the movement of respiratory muscles and limbs.

WHAT TO DO BEFORE THE TEST

1. Please **DO NOT** take a nap the day of your test.
2. **DO NOT** drink alcohol or products containing caffeine 12 hours prior to testing.
3. Daily medications should be taken as prescribed unless your physician has ordered otherwise. If you have a question regarding your medication, please contact your physician. Please bring all medications with you as needed (for evening and morning).
4. PLEASE shower and thoroughly wash your hair. Do not use any oils, heavy creme rinses, hair dressings or fingernail polish.
5. Bring with you all necessary sleep attire (something loose fitting and comfortable). Hospital gowns and bottoms are available if needed.
6. You may bring your own pillow if desired.
7. Cell phones may only be used in designated areas and the hospital lobby.

PRECAUTIONS

Polysomnography is extremely safe and no special precautions need to be taken.

AFTERCARE

Once the test is over, the monitors are detached and no special measures need to be taken.

WHAT TO EXPECT DURING TESTING

- The sleep study will be administered over a 6-8 hour period.
- Each patient has his/her own private room, bathroom and TV.
- Snacks and beverages are provided.
- To record your level of sleep, several wires are attached to your scalp and face (no needles are attached).
- Small electrodes to monitor eye movements, chin activity and leg activity are also attached. Placing a small nasal flow meter under the nose monitors breathing. Two small thin loose belts are placed around your chest and abdomen to monitor your breathing.
- A pulse oximeter probe will be placed on your finger to monitor blood oxygen level throughout the night.
- EKG patches will monitor your heart rhythm.
- Mustaches and beards are no problem, please do not shave your beard or mustache for your sleep study.
- Cameras and intercom systems are attached to the ceiling and wall in each room to permit monitoring by the technologist.

TEST RESULTS

All tests are scored and interpreted by a board certified sleep physician within one week. You will need to schedule a follow-up appointment with your referring physician to discuss your test results.

WHERE IS THE SLEEP DISORDER CENTER LOCATED?

If arriving before 9 p.m., you may park in front of the hospital (State Street) and enter via the main entrance. Take the main elevators to the **THIRD FLOOR**. Turn right off the elevators; the sleep lab is located at the first hall to the left. If arriving after 9 p.m., the main entrance doors will be locked. Please park in at Emergency Room entrance which is located at the rear of the hospital. Enter the Emergency Room entrance and ask for directions to the main elevators. Parking is FREE.

MAIN HOSPITAL ENTRANCE (FRONT OF HOSPITAL)



EMERGENCY ROOM ENTRANCE (REAR)

