

## What is a sleep study?

Your doctor has asked that you participate in a sleep study. A polysomnogram (sleep study) is a test that determines how well you sleep and if you have any sleep disorders.

You will need to come to the Sleep Disorder Center (within the VA Medical Center) where you will sleep in a comfortably furnished room for your study. A specially-trained sleep technician (polysomnographic technologist) will observe you by video camera and record your study on a computer. The video camera is not turned on until you are in bed. The computer can record the video, as well sensors that measure your heart rate, breathing, oxygen level and brain waves. Normally you will be tested over one or two nights. You won't have to arrive until later in the evening - around 8:00 p.m. Your caregiver will give you that information when you make your appointment.

### The day of your test:

Do not:

- Eat or drink anything with caffeine
- Drink alcohol
- Use lotion, hair spray or hair gel
- Take a nap
- Diet or exercise (if not part of your normal routine)
- Eat after a certain time

### What should I bring?

- Loose fitting T-shirt and loose fitting shorts are best
- Personal hygiene items (toothbrush, toothpaste, comb/brush, hairdryer)
- Whatever might help you sleep better such as special pillows or supports
- Change of clothes for the morning
- Something to read or work on if coming for the Multiple Sleep Latency Test
- Medications that you usually take (unless your doctor has asked you not to take them)

### When will I get my results?

Your test will be reviewed by a Sleep Medicine Specialist in approximately one week. You will receive a follow-up appointment in the Pulmonary Outpatient Clinic usually within four weeks of your test. During that appointment, you will be given the results of your test by your Pulmonary provider.

## What happens during the sleep study?

In order for the computer to record your results, sensors are taped to your head, near your eyes, chin, and on your chest and legs. Straps are placed around your chest and abdomen. An airflow sensor is placed by your nose and mouth. An oxygen sensor is taped on your finger. These sensors send signals (through wires) to the computer so it can record your test.

Sensor Placement	What Does it Measure?
Head	Brain Waves
Eyes	Eye Movements
Chin	Muscle Tension
Chest	Heartbeat
Legs	Limb Movements
Chest and Abdomen	Breathing Movements
Mouth and Nose	Air Movement
Finger	Oxygen

Some people think it will be uncomfortable with the sensors connected. Many people think that they won't be able to sleep but this rarely happens. The technicians will go over everything with you to help you feel relaxed and comfortable.

During the study, if you exhibit obstructive sleep apnea the technician may ask you to wear a nasal mask. This is attached to a machine that blows air through the mask. The air flowing through the mask holds your airway open so you can breathe while you sleep. The technician adjusts the pressure while you sleep to find the lowest amount of air pressure that will keep your airway open.

Another test that may be done is called the Multiple Sleep Latency Test. This test is a series of four to five naps spaced at two-hour intervals. This helps to measure how sleepy you are during the day. This test can be done to assess how much daytime function is impaired and to see how well the treatment for sleep apnea is working. It is also used to diagnose Narcolepsy.



## Contact Information

### Albany

Secretary of Pulmonary, Critical Care and Sleep Medicine Department

*scheduling, appointments*

518-626-6405

### Sleep Disorders Center

*Questions about your test*

518-626-6409

### Respiratory Care Manager

*If you are unable to reach someone at the numbers above*

518-626-6411

All phones have voice mail. Please leave a message. Someone will call you back.

## Western New York Healthcare System at Buffalo

Secretary of Pulmonary, Critical Care and Sleep Medicine Department

*scheduling, appointments*

716-862-8635

### Sleep Disorders Center

*Questions about your test*

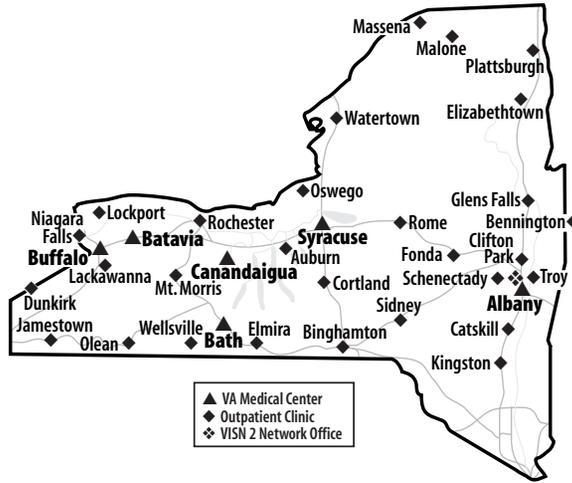
716-862-6049

### Respiratory Care Managers

*If you are unable to reach someone at the numbers above*

716-862-7309 or 716-862-7310

## Reaching Us Is Easy



**VA Healthcare On The Web**  
<http://www.va.gov/visns/visn02/>  
**Upstate New York Veterans ~**  
Wherever you are, When you need help ...  
**VA TELCARE**  
**1-888-838-7890**

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# Overnight Sleep Study

