

PATIENT INFORMATION: SLEEP STUDIES

How to prepare for the sleep study

- 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).

What to bring with you

- Valid OHIP card. The test is fully covered by OHIP.
- 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.
- 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.
- Toiletries, towels, slippers, robe, hair dryer, etc. (you will have your own toilet, sink, and shower)
- We highly recommend bringing some work with you in case you have to wait to be set up for your sleep study. You may bring books/magazines, laptop computer or other non-transmitting portable electronics.
- Note: if you are scheduled for a CPAP Titration sleep study and are already using a CPAP machine at home, make sure to bring your tubes and mask with you. You do not need to bring the machine.
- The sleep clinic does not serve any food or drink. If you wish to have a light dinner and/or breakfast, please bring it with you.

When you arrive

- 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 awning) 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.

Useful Information about sleep studies

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.

On the night of sleep study

Patient usually arrives at the sleep clinic at 8:30pm on the appointed date. At the sleep clinic, patient meets with a specially-trained sleep technologist who explains the procedure and monitors the patient throughout 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.). Personal shower room and a common TV room are 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.

To make the patient's sleep as comfortable as possible, no needles or medications are used during the study. Although the sleep study should not bring any discomfort, patient may call the technologist, if there are any problems or concerns, by simply flicking the switch next to her/his bed.

The next morning

The sleep study normally ends at 5:30-6:00am when the patient is awoken by the technologist. Patient will normally leave the sleep clinic by 7:00am.

If necessary, a patient may request to leave earlier but must notify the technologist of this on the night before. A *minimum of six hours* is required for a proper sleep study and to ensure accurate results. Because sticky paste is used to attach electrodes to the head for the sleep study, 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 the referring physician, consultation with the sleep specialist is arranged. This may take an additional 2-3 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, an additional sleep study may be performed for patients who are diagnosed with sleep apnea. 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.

Directions

We are located at the intersection of Dufferin Street and Martin Ross Avenue (two blocks north of Finch Avenue on Dufferin Street). You may follow the signs for “Polyclinic Medical and Specialty Walk-in”.

The entrance to the sleep clinic is behind the building – please look for the entrance with red awning and ring the buzzer as the doors will be locked.

