

Your sleep study

Polysomnogram (PSG)



Your test is scheduled for _____ (night), _____ (date) at _____ (time). We want to make your sleep study as pleasant as possible. If you have any questions, please feel free to give us a call at **217-355-1684**.

Why do I need this test?

Your doctor suspects that a sleep disorder may be having a significant impact on your health or quality of life. Sound sleep isn't just a luxury; it protects your health. Untreated sleep disorders are linked to heart attacks and strokes, and a quadrupled risk of serious car accidents.

What does the test involve?

Typically, you will spend the night at the lab, wearing sensors so that technicians can monitor your sleep.

- Brainwaves: EEG sensors placed on the scalp tell how deeply you are sleeping.
- Eye movements: EOG sensors placed near your eyes show us how your eyes are moving, which helps us evaluate REM sleep.
- Heartbeat: EKG sensors on your torso show us your cardiac rhythms.
- Muscles: EMG sensors on your chin show us muscle tension; leg sensors show muscular jerks.
- Airflow: sensors under your nose show us your breathing patterns.
- Respiratory belts: elastic bands at your chest and abdomen show us your effort to breathe.
- Oxygen: a sensor taped to your finger shows us your oxygen level.

It takes a while to get ready for the test. Expect to go to bed about 1 – 2 hours after you arrive. We rub your skin with a gritty material to remove dead skin cells. It feels similar to rubbing wet sand between your fingers. Sensors are attached with tape or a special paste. Most people sleep reasonably well. The tech may need to enter your room during the night if sensors loosen or fall off. You can adjust the room temperature and lighting. Each room has TV with limited cable channels. A floor fan is available.

How should I prepare?

- Our physician needs to know about your sleep habits and medical history in order to interpret your test. Please keep track of your sleep for the two weeks prior to your test, using the **sleep diary**. Also fill out our **questionnaire**. If someone else regularly observes your sleep, have them complete the “Bed Partner Questionnaire” section. (These forms may have been given to you at the doctor’s office, or may be enclosed. Please call as soon as possible if you need copies.)
- Unless your doctor gave different instructions, continue to take your usual **medications**. Be prepared to tell us what medicines and herbal supplements you have taken in the past 24 hours.
- Try to avoid **caffeine** (coffee, soda, tea, chocolate) the afternoon of your test. Do keep track of your caffeine and alcohol intake on the day of your test. You’ll be asked to report it.
- Unusual nasal **congestion** may be a problem, since we are studying your breathing pattern. Call the lab if you are uncertain. If you need to cancel due to a cold, please give us more than 24 hours’ notice. (*You may be charged a \$50.00 fee if you no-show, or cancel on shorter notice.*)
- Your skin and hair should be clean and dry. Please don’t wear any makeup, body **lotions**, or hair products, which can interfere with the sensors.
- Men without beard should **shave** before the test, as stubble can interfere with the sensors.

What should I bring with me?

- Current insurance card(s).
- Sleep diary and questionnaire (enclosed, or given at a previous appointment).
- Loose-fitting two-piece nightclothes (avoid silky fabrics; baggy t-shirt and knit shorts are fine.)
- Any medications you may need during your stay (none will be supplied by our staff.)
- Your own pillow (optional; an older pillowcase is best).
- Shampoo (you may want to wash the paste out of your hair after the test.)
- Book or magazine if you like to read before bed.
- You can bring a cell phone, but it must be turned off at “Lights Out”.

Is smoking permitted?

As a health facility providing respiratory treatments, we cannot permit smoking inside our facility. Customers may smoke in the parking area.

When can I go home?

Most patients leave the lab between 6 and 7am, the morning after their test. However, there are some exceptions to this rule. Some patients have an additional day test, following the night test. Shiftworkers' appointments may be scheduled at unusual times. If you need to leave the lab at a certain time, please tell your tech before the test. (Be aware that most insurance companies require us to collect at least 6 hours of data after “Lights Out”, whether you sleep or not, in order to pay for the test.) **Because your sleep may be shorter or more disrupted than usual, you may wish to arrange for a ride in the morning. You should not drive if you are drowsy, as this can be dangerous.**

Is the test covered by insurance?

Sleep studies are covered by most major medical plans. The percentage of coverage depends on your specific plan. Contact your insurance company or Christie Customer Service at 217-366-1382 if you have questions about your coverage. If you have a co-payment or prepayment due, please make arrangements to pay Christie Clinic Association prior to the test. We do not collect money at the sleep lab.

How do I get there?

We are located at 1207 South Mattis Avenue in Champaign, which is between John and Kirby, on the west side of the street. The building (which we share with other businesses) is called Centennial Plaza. Look for the signpost near the street on Mattis. The front entrance has sliding glass doors and faces south. At night, our office is locked for security. Ring the doorbell and we will come to meet you. If you need a map or additional directions, give us a call.

When will I get the results?

Because we collect so many kinds of data, and for such a long time, sleep studies often require more processing time than other medical tests. A sleep tech scores the test, and then one or more sleep physicians read the test and interpret it. The sleep lab will send you your test results as soon as possible, usually within two weeks. All patients should also have a follow-up appointment with a sleep physician, for a detailed discussion of the test results and other possible sleep issues.

What happens next?

If your results show a breathing disorder such as obstructive sleep apnea, you might be asked to come back for a second sleep study that focuses on treatment rather than diagnosis. You would be hooked up to the sensors again, but this time you would also try a machine called CPAP (continuous positive airway pressure). The purpose of the test is to see if CPAP can correct your breathing problem, and if so, what settings you should use to get the best results. **Questions? Give us a call at 217-355-1684.**