

# Sleep Study

## What is a sleep study?

A sleep study is a 7 to 8 hour recording of physical changes that occur while you sleep. Your brain activity, heart rate, leg movements, oxygen levels and breathing are tracked during this test. A sleep study is used to check for sleep disorders. A common sleep disorder is obstructive sleep apnea.

If your study shows that you have a sleep disorder, you will be scheduled to come back for a second night. The second night study will be done to find the best treatment for you.

## How do I get ready for a sleep study?

The day of your study:

- Wash your hair and be sure it is dry before you come for your study. Do not use any oils, sprays, gels, mousse, or lotions on your clean hair.
- Do not take any naps.
- Avoid caffeine and caffeine free cola, coffee, or tea.
- Take all of your medicines on your usual schedule unless your doctor has told you to stop any of them before the study. Bring any medicines with you that you need to taking during your time in the sleep lab. If you take any other medicines on an as needed basis such as inhalers, nitroglycerine or Tylenol, bring those with you. The sleep lab does not provide any medicines.

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**Learn more about your health care.**

- Follow your usual diet. If you require a snack at bedtime or when you wake in the morning, please bring food items with you. The sleep lab does not have any food service.
- Other items you may want to bring with you:
  - ▶ Something comfortable to sleep in
  - ▶ Toiletry items
  - ▶ A change of clothing if you like
  - ▶ Anything else you feel you need for an overnight stay, such as a book, magazines, or tape or CD player.
- Arrange for someone to drive you to and from the test if you will not be driving yourself.
- You should come to the hospital by 7:00 PM to West Registration to register before you go to the sleep lab. You will be in the sleep lab until about 7:00 AM the next morning.

### **What will happen during the sleep study?**

You will sleep in a private room that has a bathroom, shower, TV, telephone and monitoring equipment. A sleep technologist will watch you through a closed circuit TV and talk to you through an intercom during your study.

Small patches, called electrodes, are glued to parts of the body, including your scalp, chest and legs. Other equipment you will wear for your study includes:

- Oxygen sensor clipped to your finger to check your oxygen levels
- Elastic band placed around your chest and abdomen to check your breathing
- Airflow sensor taped near your nose and mouth to check air movement

You will have little or no discomfort during the sleep study.

## **What will happen after the sleep study?**

The equipment will be removed and the electrodes will be taken off your skin. You can leave the sleep lab once the equipment is removed.

There may be some glue left in your hair. Wash and comb your hair with a fine tooth comb to remove it.

Results of your study will be sent to your family doctor in about 1 to 2 weeks.

You will have an appointment to talk about your test results and to check how well your treatment is working, if treatment is needed.

## **Call the Sleep Disorders Center at (614) 257-2500 if you:**

- Have any questions about your sleep study
- Need to change your appointment time

✦ **Talk to your doctor or others on your health care team if you have questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: [health-info@osu.edu](mailto:health-info@osu.edu).**