



## **Polysomnography – Sleep Testing**

Dear Patient

You are scheduled for a sleep test at the Overlake Sleep Disorders Center on \_\_\_\_\_. In order to fully assess your sleep problem, your physician has determined that diagnostic polysomnography is indicated.

You will arrive at the lab about one to two hours before your normal bedtime. The technologist will apply various monitoring equipment and wires in order to track your sleep and breathing patterns during the test. Do not worry about whether you will have trouble sleeping. Most patients have very little trouble getting to sleep for the test. Sometimes, the physician will order a very light dose of sleep medication to help. You will be sleeping in a room very similar to your home bedroom. You will be allowed to sleep during your normal sleeping times. Most patients are at the sleep lab for about 10 hours.

Bring comfortable sleep attire. Hair should be clean. Men should be clean shaven except for beards and mustaches. Medications should be taken at their normal time unless the physician has directed otherwise. You should bring your medications with you that you may need during your stay. If you are a diabetic and you use insulin, please bring all of your supplies with you. If you have any special needs, please contact us at 425-289-3000 as we wish for your sleep study to go as smoothly as possible.

Some patients will have a device called CPAP applied during the sleep test. CPAP stands for continuous positive airway pressure and it is a treatment for sleep apnea. Sleep apnea is a condition that causes intermittent breathing pauses accompanied by oxygen changes that occur while you are sleeping. The technologist will explain this procedure to you in detail before your test begins.

A small percentage of patients will also have a Multiple Sleep Latency Test immediately following their sleep study. If you are scheduled for an MSLT in addition to your polysomnogram, your stay at the sleep lab will be about 22 hours total. You will receive detailed information if you are scheduled for an MSLT.

The results of your sleep test will be ready about 7 to 10 working days after your sleep test. You will receive further information and recommendations at that time. Our physicians will work with you to find an appropriate treatment plan for your sleep condition.

Thank you for choosing OSDC! We look forward to helping you with your sleep problem.