

# What to Expect During your Sleep Study

Monitoring your sleep with a polysomnogram or sleep study is the way to determine if you have a sleep related breathing disorder.

The sleep room is very comfortable and much like a hotel room with a regular bed, private bathroom, cable TV, a thermostat to control the temperature of each room and a fan if you wish to use it.

During a sleep study your technologist will record many things including your breathing, heart rhythm, brain waves, muscle tone, leg movements and eye movements. Testing is painless, and can usually be completed in one full night but occasionally requires two nights.

Continuous Positive Airway Pressure (CPAP) is the best treatment for sleep apnea. A CPAP mask may be applied during your study. CPAP is an air pressure device that helps to hold the airway open to eliminate snoring and disruptions in your breathing. The technologist adjusts the pressure to the best pressure for you, to help eliminate your night-time breathing and snoring problems. After your study your technologist provides the sleep specialist with this detailed information and he will make a decision on the best treatment for you.