

# YOUR IN-LAB *sleep study*

EVALUATION  
SLEEP RECORDINGS  
STUDY  
BRAIN WAVES  
HEARTBEAT  
BREATHING  
RELAXED  
OVERNIGHT  
COMFORTABLE  
SENSORS  
DIAGNOSIS  
IN-LAB OVERNIGHT



The American Academy  
of Sleep Medicine

[www.sleepeducation.org](http://www.sleepeducation.org)



# WHY HAVE A *sleep study?*

A sleep study is the best way to test for certain sleep disorders, like sleep apnea or narcolepsy.

If you are having an in-lab sleep study, you will stay overnight in a sleep center. A sleep center might be in a hospital or a separate facility. Some are even in special hotel rooms. Data is collected during the night that will help your doctor make a diagnosis and a treatment plan.

An in-lab sleep study provides your doctor with the most complete evaluation of your sleep.

---

***A sleep study can help ensure you have the proper diagnosis and treatment for a sleep disorder.***

---

## PREPARE FOR AN IN-LAB SLEEP STUDY

### WHAT SHOULD I DO THE DAY OF MY SLEEP TEST?

- Keep your regular routine as much as possible
- Don't nap
- Don't drink caffeine after lunch
- Don't use hair sprays or gels since they can interfere with the sleep recording
- Speak with your health care provider about whether or not to take your regular medication during your sleep study



For more information, visit [www.sleepeducation.org](http://www.sleepeducation.org)



## WHAT SHOULD I BRING TO THE SLEEP CENTER?

In general, you will go to the sleep lab sometime in the early evening. Bring comfortable pajamas and what you need for your nightly routine (like a toothbrush and toothpaste). Bring any medications as directed by your health care provider.

## WHAT HAPPENS WHEN I GO TO THE SLEEP CENTER?

The sleep technologist will ask about your sleep habits. There may be a pre-sleep questionnaire for you to fill out.

Then, you can get ready for bed. There won't be any other patients in your room, and there will be a bathroom for you to use.

The sleep technologist will attach sensors to you. The sensors, which are glued or taped to you, monitor your body while you sleep. Tell the technologist if you are allergic or sensitive to any adhesives.

Please ask the sleep technologist if you have any questions about the process.



Cameras in your room allow the technologist to monitor you while you sleep in case any help is needed. For example, they can fix any equipment that comes loose during the night.

## WHAT IS THE STUDY MEASURING?

### *The sensors monitor you:*

- Brain waves
- Breathing
- Heart rate
- Oxygen levels
- Leg and arm movements

## WHAT IF I DON'T SLEEP DURING THE STUDY?

It might seem like it would be hard to sleep while connected to sensors, but most people sleep enough to allow for a diagnosis.

Occasionally, you may be prescribed medication to help you sleep during the study.



## OBSTRUCTIVE SLEEP APNEA

The most common reason people get a sleep study is because their doctor thinks they may have Obstructive Sleep Apnea, or OSA.

OSA occurs when the muscles of the throat relax and the airway collapses. Air cannot get into the lungs and the level of oxygen in the blood goes down.

If you are getting a sleep study because your doctor thinks you have OSA, the sleep technologist will fit you with a CPAP mask before the study starts in case the study becomes a CPAP study.

## WHAT IS A CPAP STUDY?

If you show signs of having moderate to severe OSA, then your sleep technologist may start a CPAP titration study during the night. CPAP stands for Continuous Positive Airway Pressure. The technologist will explain how CPAP works and will fit you for a mask.

CPAP uses air pressure to hold the airway open. A CPAP study measures your response to different levels of pressure. The goal is to

find the pressure that keeps your airway open and treats the OSA. At times, other things are added, like oxygen.

If you need CPAP during the night, the technologist will enter your room and put a CPAP mask on you. The mask is attached to a CPAP machine. When you fall asleep, the technologist will monitor and document your response to the CPAP pressures.

Even if the technologist does not use CPAP on the night of the study, you may still have OSA.

## WHAT HAPPENS AFTER MY TEST?

In the morning, the technologist will remove all the sensors. The technologist cannot provide the final results of the study.

The information gathered during the sleep study will be reviewed and evaluated by a sleep specialist. Your health care provider will discuss the results with you. It may take several days or a week to properly evaluate your sleep study.

**If you think that you might need a sleep study, speak with your health care provider.**