



Having a home sleep study? Rest easy.

This booklet is designed to answer common questions you may have concerning your upcoming sleep study.

Your appointment is on:

PHILIPS
RESPIRONICS

Your doctor suspects you may have a sleep disorder and has prescribed you to undergo a sleep study. This booklet is designed to answer some common questions you may have regarding your upcoming sleep study.

What is a sleep study and why am I having one?

Q. What is a sleep study?

The study is a safe, painless and simple evaluation of how your body functions during sleep. The data, recorded while you are sleeping, is later reviewed by a qualified sleep physician.

Q. Why am I having a sleep study?

A sleep study can provide a detailed evaluation to determine if you have a sleep disorder. Just as an x-ray uncovers a broken bone, a sleep study can uncover a problem in your sleep patterns.

If you do have a sleep disorder, it is important to be diagnosed and treated.

A common sleep breathing disorder, Obstructive Sleep Apnea (OSA), is caused by the airway closing and preventing the flow of air into the lungs. The resulting pauses in breathing can occur 30 times or more per hour.

Sleep disorders can contribute to daytime sleepiness, moodiness, falling asleep in public places, or increased risk of auto accidents. Long term, untreated sleep disorders contribute to other diseases and conditions such as stroke, heart attacks, heart arrhythmias, high blood pressure, type 2 diabetes, and depression. The goal of being tested, diagnosed and treated for a sleep disorder is to help you realize a better quality of sleep and an enhanced quality of life going forward.

Where does a study occur, how long will it take and what type of environment can I expect?

Q. Where are sleep studies held?

Sleep studies may occur either in a facility called a sleep center or in your home. Both types of studies will have dedicated equipment to help diagnose the sleep disorder.

Q. How long will it take to complete a sleep study at home?

The study will be performed during your normal sleep time in the comfort of your own home. Prior to going to bed, allow approximately 10-15 minutes to attach the system.

Q. Do I have to change from my normal sleeping "room" or "sleeping position" while undergoing a home sleep study?

No, the device is designed to allow you to sleep in bed with your normal pillow and blankets. As it does not generate noise, it should not disturb you or your bed partner.



What do I need to know, or do, before having a sleep study?

You will receive the home sleep study equipment and information on how to assemble the equipment. You may be asked to fill out a questionnaire prior to performing your home sleep study and asked to complete a sleep diary the morning after the study.

One week before your study:

You may be asked to keep a list of your sleep habits for a week before your study. This will provide your physician and the sleep staff with important background information on your sleep habits. Also, a list of any medicines you are taking and your use of caffeine, alcohol or drugs may be requested.

What not to do the day of your home sleep study:

- Do not nap
- Do not use lotions or creams on face or body
- Do not wear makeup or Jewelry
- Do not wear acrylic nails or nail polish
- Do not consume caffeinated foods or beverages, avoid chocolate, tea, coffee, soda, etc.

Equipment used in the study

The equipment associated with a home sleep study includes sensors or bands which you will place on your index finger, chest, and nose. The sensors are painless and are attached using a temporary adhesive/gel. Elastic bands also may be placed around your chest and abdomen to measure your breathing.



The sensors are connected by wires to a computer that records and stores data. The wires are long and small, enabling you to move around in bed.

After the sensors are applied you can watch television, read a magazine or book, or simply lie in bed until you are ready to fall asleep.

Q.What is being monitored while I sleep?

The sensors that are attached to the various parts of your body are measuring the activities of your heart, lungs, brain, body position, and certain muscles while you sleep. The information recorded by the device provides important feedback that is interpreted by a sleep specialist and given to your doctor.

Q.Will I be able to move in my sleep?

You will be able to sleep and move freely in any position.

Q.What if I need to use the restroom during the night?

The need to use the restroom during the night is easily accommodated. Your provider will instruct you on how to interact with the device if you should awaken or need to get up in the middle of the night.

Q.What if I can't fall asleep while wearing the sleep study device?

How long it takes you to fall asleep is part of the data that will be recorded, as that information is important to the study. Many people actually fall asleep sooner than they think they will be able to.



Q.Can I sleep in my own clothes?

Yes. A comfortable two-piece sleep outfit is recommended and best suited for the study.

Q.What will I feel/does it hurt?

The sleep study process is painless.

What happens in the morning?

Q.When is the study over?

The study will end when you wake up in the morning. Your provider will instruct you on what to do in the morning and how to return the system.

Q.Will I be able to go to work?

Yes. You should be able to get a regular night's sleep and function at work the next day. Talk with your provider ahead of time if you have questions about this.

Study results

Q.How long will it take to get my results?

The results take approximately two weeks and will be sent to the physician who prescribed the study. He or she will contact you to review the results, discuss if a diagnosis has been made, and determine if therapy is needed. If the physician feels that you need to be treated with a sleep therapy device, another sleep study may be scheduled so data can be collected while you sleep with the therapy device.

Insurance coverage

Q.Will my insurance cover my sleep study?

Sleep studies are covered by most insurance plans. You should have your insurance information available when your sleep study appointment is scheduled.

Summary

If this brochure has not addressed your questions or concerns, please call our office. We will be happy to respond.

Treatments and therapies for sleep disorders vary depending on the type of sleep disorder identified and an individual's preferences.

For information on sleep apnea visit:

www.sleepapnea.com

For information on sleep disorders visit:

www.sleepfoundation.org

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