

Study up FOR YOUR sleep test

March is
Sleep Health
Awareness
Month!

While many people have test-taking anxiety, your diagnostic sleep study isn't a test to lose sleep over. Polysomnography is a painless, noninvasive way for your doctor to monitor your sleep patterns, diagnose problems and make recommendations to improve sleep quality. The quality of your sleep affects your general mood and physical health, and puts you at higher risk for chronic diseases like diabetes and hypertension.

What type of Diagnostic Sleep Studies are there?

There are three types of In-Lab Sleep Diagnostic Studies, Polysomnogram (PSG), Multiple Sleep Latency Test (MSLT) and Maintenance of Wakefulness Test (MWT).

1. **Polysomnogram (PSG).** A polysomnogram is an overnight sleep study that records (EEG) brain activity, eye movement, heart rate, oxygen levels, body movement, body position and snoring. A PSG is used to help diagnose the following:
 - Obstructive Sleep Apnea (OSA) or Central Sleep Apnea (CSA).
 - Nocturnal seizures.
 - Periodic Limb Movement Disorder (PLMD) or Restless Leg Syndrome (RLS).
 - Insomnia.
2. **Multiple Sleep Latency Test (MSLT).** The MSLT is a sleep study that is completed throughout the day. It is a series of five naps with two hour intervals in-between napping and is always performed after the overnight PSG. During the MSLT the sleep technologist records the amount of time it takes you to fall asleep and what stage of sleep you achieve. This test offers

an objective measure of daytime sleepiness and is commonly used to diagnose narcolepsy.

3. **Maintenance of Wakefulness Test (MWT).** The MWT is also completed during the daytime and measures alertness and your ability to stay awake during quiet time. It is preferably performed after a PSG and will help determine if your sleepiness is a safety concern. Results of an MWT can be critical if a person's job involves public transportation. Often, employers will require an employee to have an MWT if they have a history of excessive daytime sleepiness or other related sleep disorders.

Okay, I know the type of diagnostic test, do I have to prepare?

A little. Make sure your hair is clean, dry and free of styling products. Do not apply lotion to legs face or chest area. Limit your caffeine intake to the morning on testing night. Stick to your normal bedtime routine for the best results.

What do I need to bring to the sleep lab?

- Appropriate bedclothes (preferably two-piece pajamas).
- Any medications you may routinely take or may need during the night in their original medication container. Prescription and non-prescription medications are not dispensed at the Sleep Center.
- Personal toiletries and a change of clothes for the next day
- A good book.
- Special pillow or blanket if it helps you sleep.
- Smart TV's are in each patient room and Wi-Fi is available.

- Please feel free to bring a white noise device if desired.

I am ready for bed, now what?

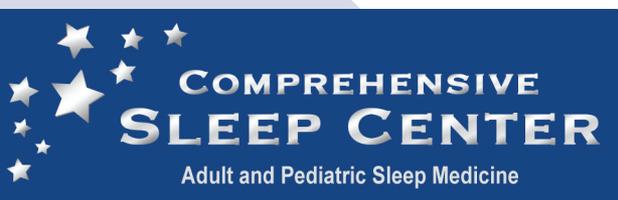
The Sleep Technologist will have you sit in a chair in your testing room and begin the "hookup" process with the following equipment:

- Ten Wires with small cup electrodes filled with conductive paste are attached to your scalp to measure sleep stages.
- Two more cup electrodes will be applied one near each eye and three on your chin.
- Two elastic belts; one around your chest and one around your stomach.
- A nasal cannula with a thermistor to detect breathing.
- Two sticky pads with a snap on sensor on each leg to measure muscle activity.
- One pulse oximetry on your finger.
- Two sticky ECG pads with snap on sensors to monitor your heart.
- One snore microphone applied to your neck to detect snoring.

Once you have the equipment on and it is secured and out of the way, the technologist will assist you in bed. Next they will communicate with you via an intercom system and run through a series of tests to calibrate the equipment. When the calibrations are completed you are ready for sleep.

Want to see it in person?

Join us Friday, March 10th from 5 – 7:30 p.m. at Comprehensive Sleep Center where you can see a completed "hookup," talk with sleep technologists, tour the lab, feel what CPAP is like, have some snacks and meet Dr. Mamedov.



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Don't miss our
Mix & Mingle
Event on
March 10!
See page 7 for
more details



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