



Check list for Sleep Study

- Bring ID and insurance card
- If patient has RX or any documents from the doctors' ask them to bring them
- Make sure hair is clean
- Bring pajamas/ sleeping clothes
- Take medication like they regularly do/ except sleeping pills. Have them wait until they arrive to lab.
- No caffeinate beverages after 12:00pm

PSG

14 electrodes will be placed in the head and face; this will allow the technicians to see the sleep stages the patient is on. The cannula and the air flow sensor will allow the technician to see any respiratory events that may be going on.

Two belts will be used, one will be around the chest and the other will be around the stomach. These belts along with the cannula and the air flow sensor will allow the technician to see and identify respiratory events.

The technician will also place two EKG leads to monitor the heart.

Two leads will be placed in each leg to monitor leg movement. Pulse ox will also be used to do the monitoring a patient's O₂ saturation.

Titration

For titration studies the same process will be repeated. The only difference will be that the patient will not be wearing a cannula or airflow sensor. Instead they will be wearing a mask of their choice.

- Nasal mask- goes over the nose
- Full face mask- covers nose and mouth
- Nasal pillows- The nasal pillow is generally the smallest of the different types of masks. It only covers the base of the nose