



2228 NW PETTYGROVE ST, SUITE 150, PORTLAND, OR 97210 ~ 503-288-5201

## **ABOUT YOUR SLEEP STUDY AT OSA**

Welcome to our state-of-the-art sleep center! We look forward to helping you achieve "better sleep for better health". Your study has been scheduled for \_\_\_\_\_ at \_\_\_\_ PM

Please arrive at the sleep lab at your scheduled time. If you arrive early and no one is at the front desk to let you in, please press the call button (located on the wall to the left of the entrance to the sleep lab) and one of our friendly technicians will be with you shortly.

If it becomes necessary for you to cancel your appointment, we understand this, and would appreciate at least 48 hours notice. **If we do not receive proper notice you will be charged \$150 for the missed appointment.**

### **PREPARING FOR YOUR SLEEP STUDY:**

- Bring comfortable clothes to sleep in. These may be: pajamas, shorts and a t-shirt, nightgown, etc. Please avoid wearing pants with tight elastic around the ankles. Also if you plan to leave for work the next morning, remember to bring the necessary items to make the transition.
- For your convenience, we supply each patient with shampoo, soap, conditioner, toothpaste, a toothbrush, and earplugs. We can also provide an eye mask, razor, shaving cream, and combs. **If you prefer a specific brand or need large quantities of products, especially shampoo or conditioner, you are welcome to bring your own from home as well.**
- Feel free to bring comfort items such as your favorite pillow, blanket, or even a stuffed animal.
- There may be down time before your hook-up begins, so you may want to bring something to entertain yourself, such as a book, tablet, or laptop. We do provide free Wi-Fi and Chromecast streaming as well.
- Pack any medications you may need for the night of your study and/or for the next day prior to your departure. **If you plan on using a sleeping pill for the sleep study, the medication should only be taken after arriving at the lab.** Before taking any medication, please check with the technician regarding its proper use and administration time.

- Eat all meals as usual; however, try not to consume any caffeine after 2:00 PM. Do not consume any alcohol on the day of your study unless instructed by your physician.
- Please refrain from napping on the day of your study. However, if you do usually nap, do not sleep longer than 30 minutes and not after 1:00 PM.
- Please remove dark fingernail polish from your nails. It is not necessary to remove acrylic nails or clear nail polish.
- If it is medically necessary for you to have a caregiver with you at night, please make arrangements with us for this person to accompany you during your stay. We are able to provide sleeping accommodations for your caregiver given proper notice ahead of time.
- Do not bring valuables with you to the sleep center and do not leave valuables in your vehicle.

***If you have any special requests, needs or considerations, please contact us at least 2 days prior to your study at 503-288-5201.***

## **WHAT WILL HAPPEN AT THE SLEEP CENTER:**

The purpose of a sleep study is to document any physiological events that may be related to a sleep disorder. Here is a step-by-step explanation of what to expect during your stay:

1. Upon arrival you will be greeted by one of our friendly technicians who will escort you to your room. They will orient you to your bedroom, explain the study procedure, and present you with some paperwork to fill out.
2. After completion of your paperwork, it will be time to prepare for the “hook-up” or electrode application. You’ll be asked to get into your nightclothes. The technicians try to perform hook-ups in the order of everyone’s bedtimes. *However, because these times may overlap and the technician’s patient loads may vary, please be prepared for the possibility of some down time before your hook-up.*
3. During the hook-up, your technician will apply electrodes with tape or paste to your scalp, face, chest, and legs. The electrodes will monitor brain waves, muscle movements, and heart rhythms. Elastic bands will be placed around your chest and abdomen to monitor breathing effort. A cannula will be placed in your nose to monitor your breathing airflow. All the electrodes are plugged into a box that can be worn around your neck. You will still be able to move about your room. An oxygen saturation probe will be attached to your finger to monitor how much oxygen is in your blood. The equipment may seem a little strange at first, but this procedure is not invasive or painful.
4. After your hook-up you may have some time to relax in your room before your bedtime. We offer Chromecast streaming that allows user to play online media, Wi-Fi Internet access, and some reading material.

5. When it is time to begin the study, the box that the electrodes are plugged into will be attached to a bedside cable. The cable leads to monitoring computers in the sleep center control room.
6. Next, the technician will perform a routine signal calibration by asking you to repeat some simple movements. Your study will then begin and you can go to sleep. If you need to use the restroom during the night, the technician will discuss the best way for you to get ahold of them. They will enter your room and disconnect you from the cable.
7. You are allowed to move freely while in bed. All equipment is secured to your body. If a sensor becomes detached a technician will enter your room to reattach it. We try to recreate a night's sleep as similar as possible to what you may experience each night at home. If we can assist you in any way please let us know. We are here for you.
8. During the night, if we observe significant sleep apnea, we may correct the breathing obstructions with a CPAP machine. CPAP stands for Continuous Positive Airway Pressure. The CPAP provides a constant flow of air pressure that keeps a person's airway open as they sleep, leading to less sleep disruptions. If you qualify to use this machine, the technician may apply it during the night. The airflow from the machine is delivered to your airway through a hose and mask. The mask seals around the perimeter of your nose and is secured in place by headgear. If you have any questions about CPAP, or if you have any other concerns, please feel free to contact us or ask your technician.
9. Once your study is complete, your technician will perform a morning signal calibration. After the calibration is complete your technician will enter your room and remove all the sensors.
10. Please refrain from setting alarms, your technician will wake you when the study is completed. Upon waking, you will be given some morning questionnaires to complete. The technician will remove sensors and adhesives. Feel free to take advantage of your private shower once the sensors have been removed.