



OVERLAND PARK REGIONAL
MEDICAL CENTER

Sleep Disorders Center

Dear: _____

Your physician has scheduled you for a Sleep Study on _____ at _____ p.m. This information will help answer your questions about sleep testing. If you have any further questions, please feel free to contact the **Sleep Disorders Center at 913-541-5800.**

1. WHAT IS A POLYSOMNOGRAM? :

A Polysomnogram (Sleep Study) measures different activities of the body during sleep. The following will be monitored and recorded:

- **Brain Waves:** Electrodes are placed on the scalp to measure brain waves.
- **Heart Beats:** Two electrodes are placed on the chest.
- **Eye Movements:** One electrode is placed near each eye.
- **Breathing:** Sensor bands are placed around the chest and abdomen.
- **Air Flow:** A sensor is placed under the nose and above the mouth.
- **Leg Movements:** Two electrodes are placed on the leg.
- **Gritting Teeth:** Two or three electrodes are placed on the chin area.
- **Oxygen Level of the Blood:** A sensor is placed on the finger.

2. WILL THE WIRES AND SENSORS HURT? :

No. Tape and/or a creamy paste that is water-soluble and does not contain chemicals hold on all the electrodes. There is some rubbing involved in preparing the skin of the electrode, but this generally does not cause discomfort.

3. HOW CAN I SLEEP WITH ALL THESE THINGS ON? :

It may sound surprising, but most people sleep very well. All of the electrodes are applied to allow you to turn and move during the night. You are not restricted in any way. After the electrodes have been on for a short while you generally will not be aware you have them on. We will make things as comfortable as possible so you will sleep well.

4. IS THIS CLASSIFIED AS A HOSPITAL STAY? :

NO. All procedures in the Sleep Disorders Center are considered outpatient procedures.

5. WILL MY INSURANCE COVER THIS? Most insurance companies cover the testing.

Check with your insurance company for details. If your insurance company requires pre-certification or authorization, please check with your primary physician to see that it has been obtained prior to your sleep study



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6. HOW LONG WILL IT TAKE AND WHEN WILL MY DOCTOR HAVE THE RESULTS? :

Set up for the testing generally takes about one (1) hour and it lasts six to ten hours. After you have been set up you will have time to read, watch television, and become comfortable with the electrodes, etc., Your physician will receive the report in approximately 5 business days after your test.

7. WHAT SHOULD I DO BEFORE THE TEST? :

- Wash and dry your hair.
- Do not use hair products such as mousse, hair spray, etc.
- Do not wear wigs or hairpieces.
- If you have artificial nails or nail polish, please remove one for testing.
- Please do not use make-up or face lotion.

8. WHAT SHOULD I BRING WITH ME? :

You will need to bring the following:

- Insurance card and photo ID, and any co-pay required by your insurance company.
- Comfortable sleepwear: pajamas, gown or gym shorts and t-shirt. Please do not wear silky or satin material or sweats.
- Tooth brush and other personal toiletry items. You will have a private restroom and shower, towels, soap, shampoo and hair dryer for your use.
- Any medications you may need. We do not provide medications.
- Your own pillow if you wish.
- Something to read for non-sleep times.
- Please bring anything you may need to add to your comfort.

Thank you The Sleep Disorders Center Staff