

# Preparing for Your Visit in the Sleep Disorders Center

Welcome to Mary Greeley Medical Center's Sleep Disorders Center



## About the Sleep Disorders Center

The Sleep Disorders Center uses the talents of specially trained physicians and technologists who received training in sleep disorders medicine and various testing procedures.

Your doctor may order some tests based on the type of sleep problem you describe. The tests may include X-rays, overnight recordings or a full evaluation in the Sleep Disorders Center. Your sleep problem determines which treatment your doctor recommends. Treatment will take time, but the Sleep Disorders Center staff is dedicated to meet your needs and will include you in making the best choices concerning your treatment.

## The Sleep Testing Process

### 1. Before Arriving

Before you arrive, you will receive a "Patient History and Assessment" form to fill out. You need to be off all stimulant medication for a minimum of three weeks before undergoing the multiple sleep latency test (MSLT) to allow traces of the stimulant to be removed. Patients who were previously diagnosed as narcoleptic and take medication need to let the technologist know before the test.

### 2. Sensors

Small electrodes will be attached to your scalp and face to monitor your EEG (brain waves), EKG (heart rate), eye movement and muscle activity. Small sensors will be taped near your nose and mouth, and two belts will be placed around your chest and abdomen to monitor breathing. Another small sensor will be clipped on your finger to monitor blood oxygen levels.

### 3. Before Sleeping

Once you are relaxed in bed, a technologist will do a quick set of sensor calibrations including asking you to blink, swallow, move and hold your breath. If you are being evaluated for a continuous positive airway pressure system (CPAP), you will try on various masks to find one that is most comfortable.

### 4. Sleep Test

Try to fall asleep after all pre-testing is completed. If you need anything during the night, use the intercom to ask a staff member for help.

### 5. In the Morning

The staff will wake you and remove the sensors, and a technologist will ask you questions about your sleep. If you are in for a CPAP evaluation, staff will also evaluate how well you slept using the CPAP machine.

### 6. Additional Testing and Final Report

Some patients will have an additional test during the day called a multiple sleep latency test (MSLT) to measure the degree of daytime sleepiness. The Sleep Disorders Center will provide a full written report to your physician in about a week to 10 days. Please make sure you follow up with your physician and share your test results.

Sleep Disorders Center  
515-239-2353

## Your Appointment

Name \_\_\_\_\_

Admission day \_\_\_\_\_

Admission time \_\_\_\_\_

Doctor \_\_\_\_\_

Procedure \_\_\_\_\_

Services and programs of Mary Greeley Medical Center are available to all persons without regard to race, color, national origin, disability, diagnosis or age.



*Specialized care. Personal touch.*

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515-956-2979

Mary Greeley Medical Center is accredited by the Joint Commission.  
All facilities and grounds of Mary Greeley Medical Center are tobacco free.

[www.mgmc.org](http://www.mgmc.org)



Sleep Disorders Center



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## CPAP Treatment

If you are suspected to have obstructive sleep apnea, a condition in which you may actually quit breathing for short periods of time during sleep due to an airway obstruction, you may be instructed to use a device called a continuous positive airway pressure (CPAP). This machine is a small, quiet air compressor attached to a long tube with a mask that fits around the nose. It uses air pressure to stop obstructive apnea and snoring to help you sleep better.

For most patients the CPAP system rapidly improves their sleep. If CPAP treatments are successful, your doctor will arrange for a home healthcare supplier to work with you in setting up your system at home.

## MSLT Testing

Your doctor may have ordered a multiple sleep latency test (MSLT) which measures the degree of your daytime sleepiness. This test is normally done the day following a night test in the center and uses the same electrodes as the night sleep test, but without the respiratory or belt sensors. The technologist will record how long it takes you to fall asleep at various times during the day. The test is recorded with the patient wearing comfortable street clothes rather than pajamas.

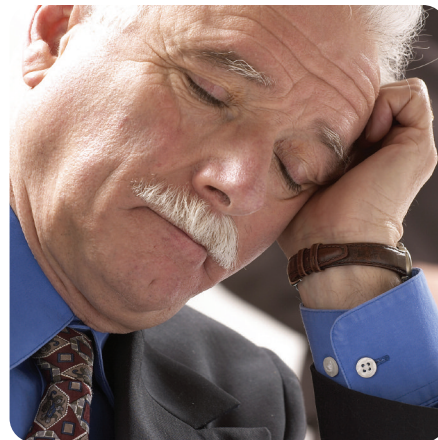
Between tests you are free to visit the public areas of the medical center. You may bring along something to read, watch TV, go on walks or eat. The things you cannot do are fall asleep or drink anything with caffeine in it.

## Preparing for Your Visit

You will have your own private room with a bathroom and shower. Technologists will evaluate you by using a computer and video in another room.

In most cases patients are in the center from about 9 p.m. to 7 a.m. Some patients require multiple consecutive nights of sleep study or testing the day after.

Upon arrival, please check in at the Emergency Department entrance. You will be directed then to the Sleep Disorders Center located on the second floor of the medical center.



## Checklist for Your Sleep Study Appointment

- All evening medication should be taken prior to arrival to the center.
- Your pajamas and pillow.

(Note: Staff will be using glue to apply the electrodes used to monitor you during your sleep and do not want to ruin your clothing. If this test is for a child, please bring along a blanket, stuffed animal or other favorite item.)

- Personal hygiene items.
- Insurance information and Social Security number.
- Your completed copy of the Patient Assessment and History.
- If available, a written description of your symptoms from a family member, spouse or partner.
- A list of activities you have used to treat your sleep problem – either on your own or at a professional's recommendation.



## Follow-up

After the study it is very important that you discuss your test results with your doctor. The consultation may take place over the phone or at the office, depending on your doctor.

If you do not have a return visit scheduled or have not received a call from your doctor within two weeks of your sleep study, call him or her to discuss your results.

## Notes

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Remember to check in at the Emergency Department entrance. If you have any questions, please call 515-239-2353 between 8 a.m. and 5 p.m., Monday through Friday.

