

Your In-Lab Sleep Study

Montrose Regional Health Sleep Clinic • (970) 240-7101

What is the Purpose of a Sleep Study?

Sleep studies are the most effective way to test for particular sleep disorders, such as sleep apnea or narcolepsy. After being scheduled for a sleep study, you will stay overnight in a sleep center. A sleep center might be found in a hospital or separate location. Sleep specialists collect data during the night that will help your doctor make a diagnosis and form a treatment plan. Sleep studies provide your doctor with a thorough evaluation of your sleep.

How to Prepare for an In-Lab Sleep Study

Before a sleep study, try to maintain your regular routine. Avoid naps, and don't consume caffeine after lunchtime. Also avoid using hair gel and hairspray, as they can affect test results. If you take medications, speak with an expert at the MRH Sleep Clinic to determine whether or not you should take it during your sleep study.

What Should I Bring to my Sleep Study?

Typically, you'll arrive at the sleep center in the early evening. Be sure to pack comfortable sleepwear and any items you use as part of your nightly routine, such as a toothbrush and toothpaste. Also, bring along any medications as instructed by your healthcare provider.



What Happens When I Arrive at the Sleep Center?

A sleep technologist will discuss your sleep patterns with you, and you may be asked to complete a short questionnaire before going to bed. You'll have a private room with access to a bathroom to help you feel comfortable. The technologist will place sensors on your body using adhesive materials like tape or glue to monitor your sleep throughout the night. If you have any allergies or sensitivities to adhesives, be sure to inform them. Don't hesitate to ask the technologist if you have any questions about the procedure. Cameras in your room enable the sleep technologist to observe you during the night in case assistance is required. For instance, they can adjust any equipment that may become disturbed while you sleep.

What Does the Test Measure?

The equipment in the sleep lab measures brain waves, heart rate, leg and arm movements, breathing, and oxygen levels.

What If I Can't Sleep During the Study?

Although sleeping with sensors attached might seem difficult, most individuals are still able to rest well enough for an accurate diagnosis. In some cases, a sleep aid may be prescribed to help you fall asleep during the study.

Obstructive Sleep Apnea

One of the main reasons for undergoing a sleep study is to evaluate for Obstructive Sleep Apnea (OSA), a condition in which the throat muscles relax during sleep, causing the airway to collapse. This blockage prevents airflow into the lungs and lowers blood oxygen levels. If your doctor suspects you have OSA, the sleep technologist may fit you with a CPAP mask before the study begins, in case it transitions into a CPAP evaluation during the night.

What is a CPAP Study?

If moderate to severe Obstructive Sleep Apnea (OSA) is detected during your sleep study, the technologist may begin a CPAP titration study. CPAP, or Continuous Positive Airway Pressure, delivers a steady stream of air to help keep your airway open. The technologist will explain how the device works and help you find a properly fitting mask. During the titration study, the technologist will monitor how you respond to different air pressure levels to determine

the most effective setting for treating your OSA. In some cases, additional support such as supplemental oxygen may be used. If CPAP is needed during the night, the technologist will enter your room to place the mask, which connects to the CPAP machine. While you sleep, they will observe and record your response to the treatment. Keep in mind that even if CPAP is not used during the study, it's still possible that you have OSA.

What Happens After my Test?

In the morning, the sleep technologist will remove all the monitoring sensors. They are not able to share the final results with you. The data collected during the study will be carefully reviewed by a sleep specialist. Once the evaluation is complete, your healthcare provider will go over the results with you. This process may take a few days to a week to ensure an accurate assessment.

