

Sleep Management Services
Corporate Office
9305 Treasure Hill
Little Rock, AR 72227



1.501.224.5200 fax 501.224.5208
1.877.989.9919

INFORMATION FOR YOUR SLEEP STUDY

As you know, your doctor has referred you to us for a sleep study. We want this experience to be a good one, so there are a few things we can help with beforehand in order to prepare you for your sleep testing and assure you have the best night's sleep possible away from home.

The following information tells you about the test and gives you instructions and a checklist of items to bring to the sleep lab on the night of the study. If you have any questions please call us at the office or ask your technician on the night of the study. They are there to care for you, even if it is to get you another blanket, a drink of water, or adjust wires for your comfort. WE WANT THIS TO BE AS PLEASANT OF AN EXPERIENCE AS POSSIBLE.

Now, on to what a sleep study or polysomnography is. It is a test of sleep cycles and stages through the use of continuous recordings of brain waves (EEG), electrical activity of muscles, eye movement (electrooculogram), respiratory rate, blood pressure, blood oxygen saturation, and heart rhythm and direct observation of the person during sleep. The recordings become data, which will be "read" or analyzed by a qualified physician to determine whether or not a sleep disorder is present.

These recordings are taken by the placement of several electrodes on your head, around your eyes, chin, forehead, chest and legs. These electrodes are held in place with a thick paste that will wash out when you shampoo your hair. In addition to these electrodes, there will be a sensor monitoring airflow from your nose and mouth, respiratory belts monitoring your chest and abdominal movements, and a probe on your finger monitoring your oxygen. Realistically, it will take you longer to fall asleep than it normally does with all of this hooked up, but it all comes together and out of the way nicely. I promise! The hook-up time usually takes about 40 minutes. You can watch TV, read, or discuss the testing process with your technician during this time.

All of this monitoring equipment is plugged in to a small box that will allow you to get up during the night to use the restroom, stretch or get a drink of water. There are a few more things that you can do to help us to get good results on your study.

- **Let us know if you have any special needs. (For example oxygen, help with walking, incontinence etc.)**
- Bring your insurance cards; we will need to copy them.
- Bring comfortable sleepwear; 2-piece with buttons down the front, if possible
- Be freshly showered and wash your hair. No heavy lotions, hairspray, oils, gels or weaves
- Bring your favorite pillow and/or blanket, although these are available at the sleep lab
- Continue all medications, and bring any medications you may need. No medications will be given by the Sleep Lab staff. Also, bring a list of any medications you normally take.
- Reading materials or something to work on.
- Toiletries; toothbrush/paste, comb etc.

The study will finish around 5:00 am the following morning if transportation arrangements need to be made.

5 Medical Lane, Suite C&D
Conway, AR 72034
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7500 Dollarway Road, Suite 201
White Hall, AR 71602
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Russellville, AR 72801
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HOSPITAL LOCATIONS

Arkansas Heart Hospital, Ashley County Medical Center, Bradley County Medical Center, Chambers Memorial Hospital, Chicot Memorial Medical Center, St. Vincent Morrilton, St. Vincent-North