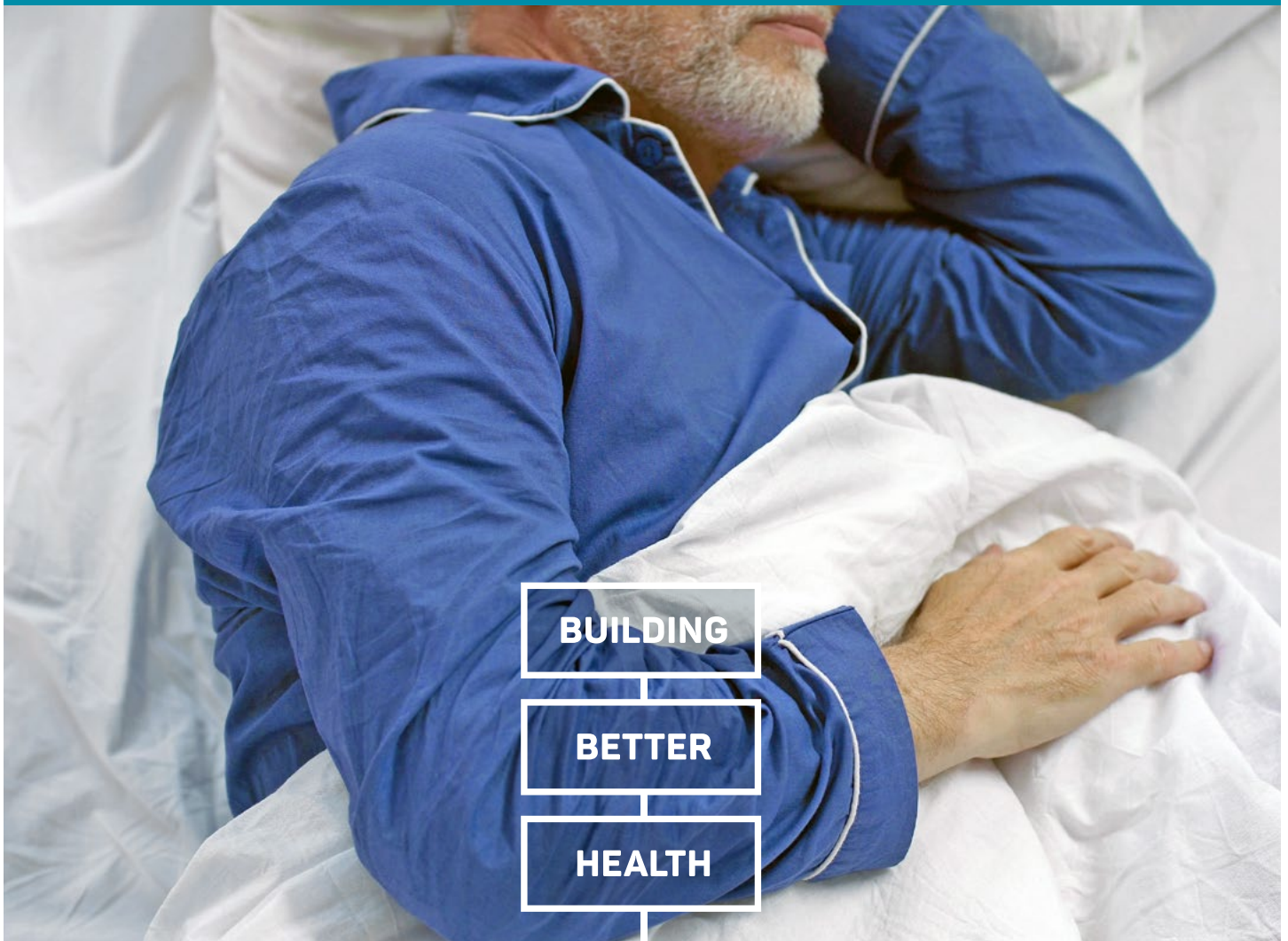


The ultimate guide to getting better sleep



Trouble sleeping? You might have a sleep disorder or sleep problem.

According to the American Sleep Association, 50–70 million Americans have a sleep disorder. Many people can often mistake their disorder for common sleep disturbances including stress, depression, caffeine intake, and hormones, but you don't have to live that way.

The first step in getting help and proper treatment is to determine whether you're experiencing problems sleeping or if you have a sleep disorder.

This guide will:

- Walk you through the types of common sleep disorders
- Help you figure out if you want to talk to your doctor about participating in a sleep study
- Explain what happens during a sleep study
- Provide instructions on how to prepare for a sleep study
- Answer FAQs about sleep studies





Common sleep disorders

Sleep disorders are conditions that affect the ability to sleep well on a regular basis and interfere with daily living. Common symptoms associated with sleep disorders include difficulty falling or staying asleep, daytime fatigue, strong urge to take naps during the day, irritability or anxiety, lack of concentration, and depression.

Other symptoms associated with specific types of sleep disorders include:

Insomnia

- Difficulty falling asleep
- Difficulty maintaining sleep

Sleep Apnea

- Daytime sleepiness
- Morning headaches
- Excessively loud snoring

Restless Leg Syndrome

- Irresistible urge to move your legs
- Constant movement at night

REM Sleep Behavior Disorder

- Sudden and intense movement during sleep

Narcolepsy

- Falling asleep at any moment
- Inability to stay awake even in highly-stimulating environments

Sleepwalking

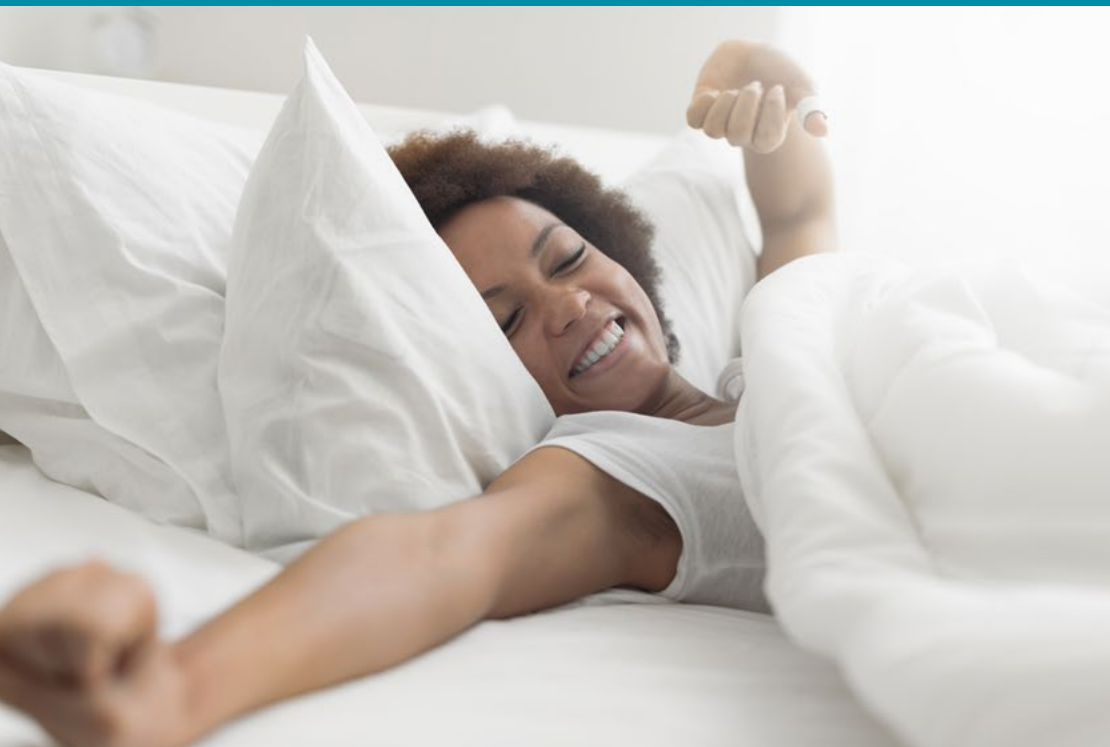
- Walking while asleep
- Difficulty waking

Sleep terrors

- Screaming
- Short bursts of movement

Bruxism (or, teeth grinding)

- Headaches
- Sore jaw



QUIZ

Is it time
for a sleep
study?

- Do you feel sleepy during the day, even after a good night's sleep?
- Does it take you a long time to fall asleep?
- Do you have trouble falling back asleep when you wake up at night?
- Do your legs jerk at night or do you feel painful leg sensations?
- Do you ever wake up at night gasping for breath?
- Do you scream, sleepwalk, or experience unusual behavior at night?
- Do you wake up earlier than you would like to wake up?
- Do you feel irritable or have trouble relaxing at bedtime?
- Do you fall asleep at work, driving, or during other daytime activities?
- Do you have difficulty concentrating or remembering things?
- Do you have occasional morning headaches?
- Do you snore loudly?

- YES NO
- YES NO
- YES NO
- YES NO
- YES NO
- YES NO
- YES NO
- YES NO
- YES NO
- YES NO
- YES NO
- YES NO

If you answered "yes" to two or more questions, consider discussing how you sleep with your healthcare provider to find out if you might be a good candidate for sleep testing.

Sleep testing

A sleep lab study is the best way to diagnose and treat your sleep disorder. Talking with your doctor is the most important part of learning about sleep disorders and sleep lab studies, as well as treatment options and potential testing complications, such as minor skin irritations or what it means if your sleep study doesn't result in a diagnosis.



AT-HOME SLEEP TESTING

You can participate in a sleep study from the comfort of your own bed with at-home sleep testing. The process is simple:

- **The day before:** meet with your healthcare provider to pick up your sleep-monitoring device and get instructions.
- **The day of:** Complete the study overnight, from the comfort of your bed.
- **The next day:** Return the monitoring device for processing of your sleep data.

If your at-home test results do not provide enough details for an accurate diagnosis, your doctor may recommend an additional in-lab sleep study.

IN-LAB SLEEP STUDIES

In-lab sleep studies are tests performed overnight to help your doctor determine your best treatment plan. The most common sleep testing is a polysomnogram (PSG).

During a PSG, a sleep technician attaches sensors to your body to measure and record detailed information while you sleep, including brain waves, heart rate and rhythm, breathing rate and effort, oxygen level, eye movements, and muscle activity.

In the morning, when the sleep study is over, the sleep study technician will wake you up and help remove the sensors used to track your sleep. The technician will also let you know when your results will be ready.

CHECKLIST

How to prepare for a sleep study

- ❑ **Check with your insurance company.** Call to find out what your financial responsibility will be.
- ❑ **Take your usual medications (including sleep aids).** It is important that you sleep during this test, so if you usually take a sleeping aid, be sure to do so before testing. If you are not prescribed a sleeping aid, your doctor may instruct you to bring something over-the-counter, like Tylenol PM, to help you fall asleep.
- ❑ **Keep your usual routine.** If you normally drink tea, coffee, or alcohol as a part of your nightly routine, do so on the night of your sleep test study.
- ❑ **Avoid naps the day of the test.** It's important that you sleep during the study so that your doctor has all the necessary data and information to make your diagnosis.
- ❑ **Shower and shave before you come, as needed.** It's important to have clean, dry hair and skin so that the testing electrodes and sensors can be attached securely. Avoid putting cream rinses, conditioners, or oils in your hair. Remove all make-up and lotions from your face. Shave as usual. Beards and mustaches are okay as long as they are clean and dry.
- ❑ **Bring or wear pajamas or loose fitting clothes.** Sleep study technicians will place electrodes on your chest and stomach area. Wearing loose-fitting clothing—like t-shirts, sweats, and pajamas—allows easy access and provides comfort.
- ❑ **Bring whatever you usually use to relax before bedtime.** This can include books, magazines, puzzles, etc.
- ❑ **Bring whatever else you need to get ready for bed.** This includes a toothbrush and shower amenities. Feel free to bring your pillow, too, if that allows for a more comfortable experience. Don't forget clothes and other essentials to get ready in the morning after your testing has completed.
- ❑ **Eat dinner before you arrive.** Eat before you come to begin the testing process as soon as you get there.
- ❑ **Bring necessary information.** If you keep a sleep log or if you have recorded other information regarding your sleep patterns, bring that with you to your sleep testing appointment.

Note: Your doctor or healthcare provider may add to—or modify—these instructions.

FAQ

How long do I have to be there? An in-lab sleep study requires six hours of recording to be considered a viable test. Total in-lab testing time—including check-in, preparation, and sensor removal—takes about seven hours. At-home sleep study testing requires a minimum of four hours of recorded data.

Will it be hard to fall asleep? An unfamiliar environment can make it challenging to relax. Though it may take longer, eventually you will begin to relax and fall asleep.

What if I need to use the bathroom during the night? The testing sensors and electrodes can be removed and reattached. Notify the sleep study technician if you need to be unplugged to use the bathroom.

What if I change positions a lot when I sleep? Heavy movement throughout testing should not affect or disrupt the sensors. Someone will be monitoring you at all times, so if your movement affects a part of the testing process, they will let you know.

Can family members stay overnight? No. If there are medical reasons to have someone accompany you during your stay, discuss this with your testing lab ahead of time to make specific arrangements. An exception? For patients under the age of 18, a parent or guardian must stay overnight as well.



Start sleeping better

If you think that you might have a sleep-related disorder, talk to your primary care physician about participating in a sleep study.

To schedule a sleep study after talking with your doctor, call (574) 753-1488.

To get started, call our Sleep Center at (574) 725-3592, leave a detailed message, and an expert from the Center's team will promptly return your call.