

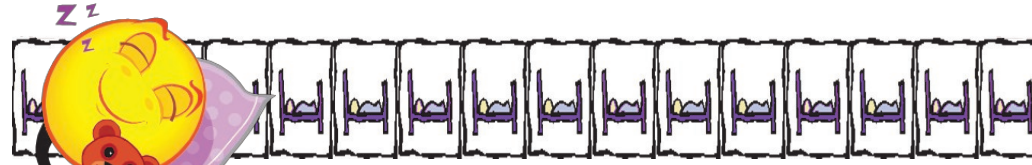


1101 Medical Arts Ave NE Bldg. #2  
Albuquerque, New Mexico 87102  
Office: 505-272-6110 \* Fax: 505-272-6112  
Website: <http://hospitals.unm.edu/sdc/>



# Patient Handbook





## Appointment Information

The sleep doctor/nurse you saw today was:

- Dr. Brown
- Alace Anaya CNP
- Elaine Clanon CNP
- Dr. Grigg Damberger
- Dr. Ralls
- Sleep Fellow: Dr. \_\_\_\_\_

\_\_\_\_\_ is scheduled for an overnight sleep study on \_\_\_\_\_.

Your scheduled time to come is \_\_\_\_\_. (Please arrive no earlier)

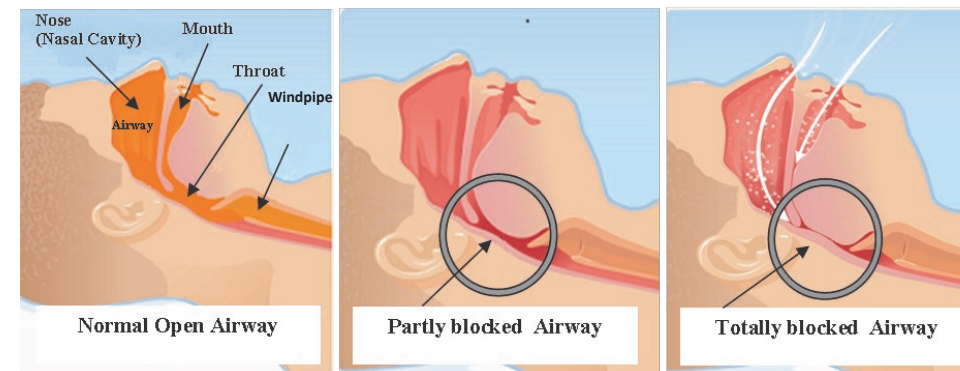
You have a follow-up appointment scheduled for \_\_\_\_\_ with \_\_\_\_\_ to discuss the results of your sleep study.

Please note the clinician you see in follow-up may change.\*

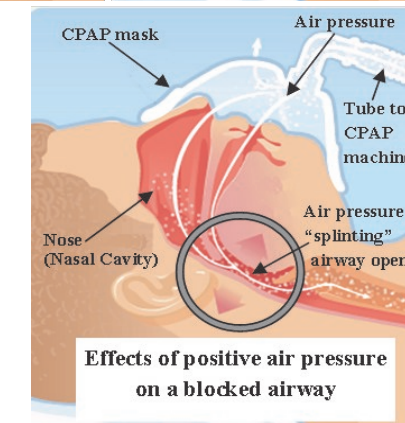


## Why do I need CPAP, AutoPAP or Bilevel?

When your airway is blocked due to sleep apnea your heart has to work harder to pump blood because the oxygen level in your blood drops. You also work harder to breath, working so hard to breath wakes your brain up so you never get the good sleep that makes you feel rested. Not treating sleep apnea increase your risk of having other health problems such as heart attacks and strokes.

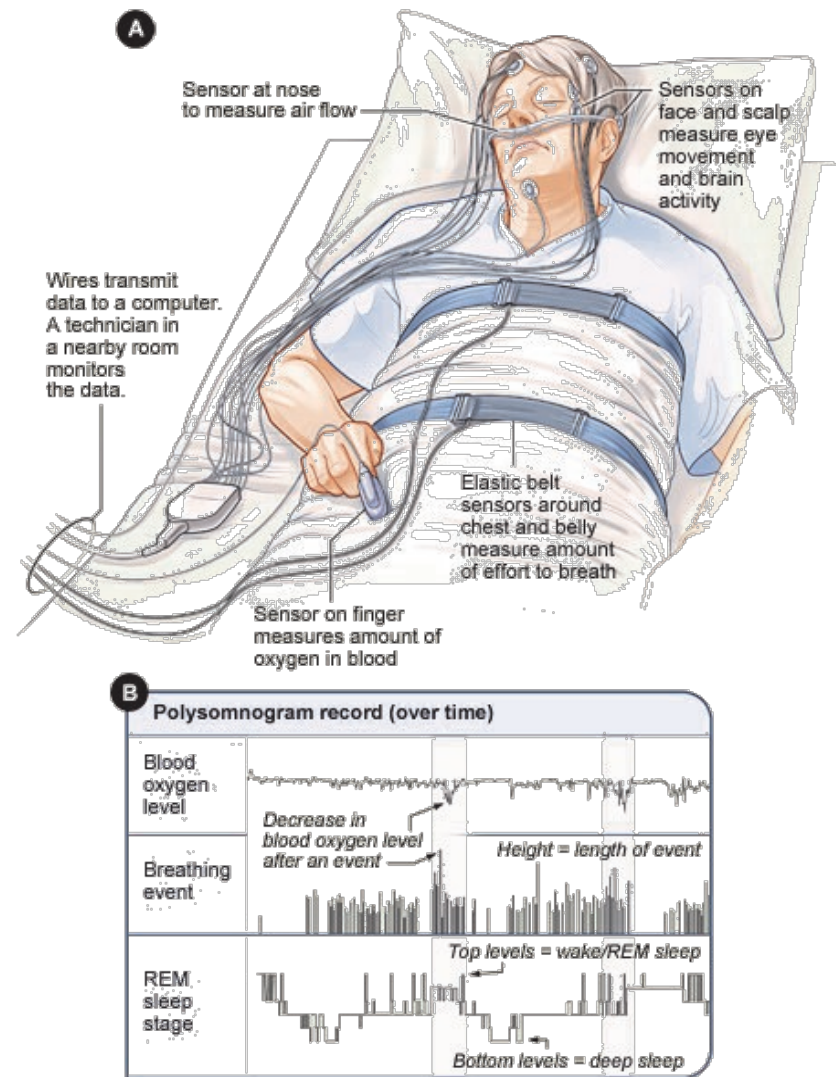


Positive airway pressure acts as an “air splint” to open your airway and help keep it open. This allows you to breath normally and stay asleep.

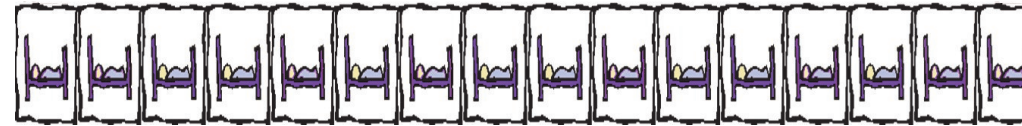


Keeping your airway open with the air splint helps keep your heart, body and mind healthy and you more rested.

## More about your study



- A. This picture shows what you will look like with some of the sensors we will be putting on you when getting you ready for the sleep study.
- B. This picture shows some of the data we will be getting during the sleep study. The doctor will read the data and decide what to do next.



\*If you do not have a follow-up appointment scheduled we will try to call you within 4 weeks to give you the results of your sleep study. If you do not hear from us in 1 month feel free to call us at 505-272-6110. Please do not call the Sleep Center for results until 1 month after your sleep study.

### Other Appointments:

Date of Desensitization (If required): \_\_\_\_\_

Date of Titration Study (If required): \_\_\_\_\_

Date of 30 Day Follow-up: \_\_\_\_\_

Compliance at 30 days: \_\_\_\_\_

Date of 90 Day Follow-up: \_\_\_\_\_

Compliance at 90 days: \_\_\_\_\_

**Please be sure to read this whole booklet before coming for your sleep study.**





## Types of Sleep Studies You May Have

We do sleep studies during the day or night. When yours is done will depend on when you normally sleep.

### **The PSG Study (Polysomnogram)**

This is the study we do to find out what kind of sleep problem you may have. Some of the most common problems come from trouble breathing while sleeping. One of these studies we see a lot is called OSA (obstructive sleep apnea). Sleep studies can be done during the day or night based on each patient's sleep schedule.

### **Air Pressure Study (Titration Polysomnogram)**

We do this study after a PSG. It tells us about the air pressure you may need to open your airway so you can sleep better. The sleep techs will start at low pressure. Then they increase the pressure a little at a time (titrate) to see how much air pressure it takes to open your airway.

### **Split Night Polysomnogram**

This study is both the PSG and the air pressure study. First, we do the PSG study. If it shows you have breathing problems, we will do the air pressure study. If you need the air pressure study, a tech will ask you to wear a special mask. This will put pressure into your airway. The most common one is called a CPAP.

## What To Expect At The Sleep Center



**When you come, please use the grey phone box to the right of the front door to be let in.** Just open the phone box door and push the button. A tech will answer and ask your name, then the tech will come to open the door for you. On your way to your room the tech will get a height, weight and blood pressure from you.



**You will then be taken to your room to fill out paperwork and prepare for bed.** We allow for you to get used to the room before your tech gets you ready for the sleep study. We do have caffeine free drinks and crackers available, so please ask if you would like some while you wait.



**It can take 20-45 minutes to finish getting you ready for the sleep study.** Once ready you will be taken back to your room to begin the sleep study. We try to get all patients to bed by 11:30 PM unless other plans have been made.



**Once the sleep study is started you will be asked to turn off the TV, cell phone, etc.**

## How To Get Ready On The Day Of The Sleep Study



**Please come freshly showered with your hair dry.**  
When you get to the sleep center you will not be able to shower until after the sleep study. There is a shower for your use in the AM if you want to shower before leaving.



**Do not wear perfumes, makeup or styling products (gel's, mousse or Vaseline).**



**Do not use lotion on your skin;** doing so may lower the quality of the sleep study.



**Make sure to eat before you come to the sleep center.**  
We do not offer meals, but we do have a vending machine in our break room. We suggest you bring a snack and /or a caffeine free drink. A fridge is here for patient use.



**Bring cozy 2 –piece pajamas.** You must wear clothing during the sleep study, so please bring loose-fitting night clothes, shorts/sweats and shirt. Cotton is best, no “silky” pajama’s. Refusal to wear sleep clothing will result in cancellation of your study. We do have throw away shorts and tops if you need them.



**We do use hospital pillows but you may be cozier using your own, so you may bring your pillows with you.**  
You may also bring your own blanket.



**Do not eat or drink anything with caffeine after 12:00 noon on the day of the study.** Food and drinks with caffeine include: coffee, tea, chocolate, Coke-Cola, Pepsi, Mountain Dew and energy drinks.

### Mean Sleep Latency Test (MSLT)

We normally do this study after a PSG. The test is a series of naps, one every two hours. It shows us how fast someone falls asleep. We also look at what kind of sleep the person has.

### Maintenance of Wakefulness Test (MWT)

This test is to see if you can stay awake during 5 periods, every 2 hours. You do not need a PSG before an MWT.



## Things You Need To Know



**If you/patient needs a helper, please make sure they are with you for the whole time you are at the sleep center.** The sleep staff are not trained to give nursing care or to assist you with personal needs.



**We do not give rides to or from the sleep center.** Shuttle service is free from the hospital Mon. through Fri. from 05:00 AM until 11:00 PM. There is no service on the weekends. Shuttle # is 272-3976.



**6:30 AM**

**Please make sure your ride is here to pick you up before 06:30 in the morning.** You will wake up between 05:30 and 6:00 AM. You will be ready to leave the sleep center between 6:00 and 6:30 AM



**Please try to call at least 24 hours before your study if you will not be able to keep your appointment.** Other patients are on our waiting list so a call lets us get other patients tested sooner.



**Please arrive on time.** If you are going to be late on the night of your study call the sleep center at 272-6108 to tell the sleep staff. We do not take patients who arrive after 10 PM unless they call first. If you have a last minute problem and cannot come on time, please call 272-6108 after 7:00pm. We may be able to hold the room for you.



**Please bring clothes to sleep in.** You must wear clothing during the sleep study. Refusal to wear sleep clothing will result in cancellation of your study. We do provide throw away shorts and tops

## Things You Need To Know



**We do not give any medicine** (e.g. inhalers, aspirin, Tylenol) Please bring all medicine you will need during the night. You should take all of your medicine unless told not to by your sleep doctor or nurse. If you are not sure what to take or if your medicine has changed since your last visit to the sleep center please call at least 1 day ahead to leave a message to tell your sleep doctor or nurse.



**Bedrooms are given based on the needs of the patient.** This means that a bedroom you are shown during your tour of the sleep center may not be the same room you will stay in during your visit.



**If you have payment or insurance questions, make sure to call the sleep center at 505-272-6110, before coming for your sleep study .** The sleep techs will not be able to answer questions about payment or insurance coverage.

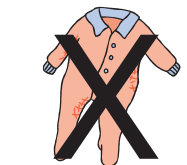
## Children And Special Needs Patients



**Only one parent, guardian or helper will be able to stay during the sleep study (sorry no exceptions).** We are not able to allow other children, family or friends to stay during the night. We are happy to give you a list of local hotels/motels if you wish to make plans for family or friends.



**Please bring all items you will need during your stay.** Including: diapers (child or adult), formula, wipes, extra clothing along with any special medical equipment that may be needed.



**Please bring 2-piece pajamas.** A t-shirt and diaper for children is ok.