



Banner Health

North Colorado
Medical Center®



Sleep Studies at North Colorado Medical Center

How can I prepare for my sleep study?

- Avoid caffeine (coffee, tea, cola or chocolate) after the noon hour.
- Do not nap on the day of the study
- Make sure your hair is clean and dry, with no added hair sprays, gels or oils.

Should I take my medications ?

Your doctor should know what medications you are taking, and you should tell him about any over-the-counter medications. Some medications may alter the sleep study results, therefore the medications may need to be discontinued gradually prior to the sleep study. **DO NOT DISCONTINUE ANY MEDICATIONS** without talking to your doctor.

What happens during a sleep study?

- Patients arrive at 8 to 9 p.m.
- Monitoring equipment is applied
- Technicians monitor patients while they sleep; patients are awakened between 5 and 5:30 a.m.

What is monitored?

- Sleep stages (electrodes on the head)
- Breathing (sensor by the nose and belts around chest and stomach)
- Heart rhythm (electrodes on the chest)
- Leg movements (electrodes on the calf muscle of the leg)
- Blood oxygen content (sensor on the finger)

How will I be able to sleep with all those wires?

- The sleep lab room is a comfortable, homey environment. Everything will be done for you to ensure your comfort. Most patients fall asleep relatively easily.
- Sometimes a sleeping aid is prescribed for those patients who have trouble falling asleep.
- We offer two Sleep Number® by Select Comfort beds for your relaxation! Just ask if it interests you.

What if I need to go to the bathroom during the sleep study?

- The wires are plugged into a box which is easily hung around your neck. Just speak up and the technologist will hear you and unplug you.
- It is very common that patients have to get up at least once during the night.

My doctor thinks I may have sleep apnea. Do you do anything for that?

- If a breathing problem is observed during the night, the technologist may awaken you to apply CPAP (Continuous Positive Airway Pressure) which is a small mask that fits over your nose, or over your nose and mouth, or silicone plugs that fit into your nostrils. A gentle pressure is run through the mask to open the airway and treat the sleep apnea.
- The technologist will work with you before the study begins to find a mask that fits you well, and will explain the device.

What time will I be done?

The technologist will awaken you between 5:00 and 5:30 a.m. If you have to be awakened earlier for work or other commitment, let your tech know.

Will I get breakfast?

Yes! Coffee and tea is available, as well as breakfast bars and muffins. Just let your tech know if you would like something to eat or drink in the morning.

What happens after my sleep study?

Scoring and interpretation of the sleep study is an involved process that looks at each minute of sleep individually; the study yields about 1000 pages of data that must be reviewed.

When will results be ready?

This process is very time-intensive. Results are available between four to eight days. Some doctors require a follow-up visit after the sleep study, you can ask your doctor.