

Illinois Heart & Lung Associates - Patient Services

Sleep Study Instructions

What is Sleep Apnea?

According to Dr. David W. Koh, apnea is a medical term that means "absence of breath". People who stop breathing while asleep have sleep apnea. Many people have the condition and don't know. In fact, it is estimated that 1 in 10 adults has sleep apnea. To find out if you are at risk, take the simple test below.

It is important that sleep apnea be treated. People with sleep apnea are a higher risk for automobile accidents, high blood pressure, stroke, heart attack, irregular heart beats, and even dying while asleep. Conditions such as high blood pressure, diabetes, acid reflux, and depression may improve if sleep apnea is treated.

Sleep apnea is diagnosed by a painless study done overnight. This study is done in a "sleep lab" at one of the local hospitals. Once the study is completed and interpreted, recommendations can be made as to the best way to treat your condition.

Don't have another restless night. Take this simple test today and call the Illinois Heart & Lung Associates office with the results.

Do you suffer from Excessive Daytime Sleepiness?

The following questionnaire will help you measure your level of daytime sleepiness. You are to rate the chance that you would doze off or fall asleep during different routine, daytime situations. Answers to the question are rated on a reliable scale called the Epworth Sleepiness Scale (ESS). Each item is rated from 0 to 3, with 0 meaning you would never doze or fall asleep and 3 meaning that there is a very high chance that you would doze or fall asleep in that situation.

Situation	Chance of Dozing (0 to 3)
Sitting and reading	
Watching television	
Sitting inactive in a public place, for example, a theater or meeting	
As a passenger in a car for an hour without a break	
Lying down to rest in the afternoon	
Sitting and talking to someone	
Sitting quietly after lunch (when you've had no alcohol)	
In a car, while stopped in traffic	
TOTAL SCORE	

**A score of 11 or greater signifies that you may suffer from sleep apnea. But help is available and begins with a phone call to schedule an initial consultation.

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For Best Results:

1. All studies are videotaped and therefore some form of sleepwear needs to be worn (two piece pajamas, sweats, or t-shirts and shorts).
2. Pillow (one is provided in the hospital, but is probably not as comfortable as your own).
3. Clothing and toiletries for the next day.
4. Any medications normally taken at home.

The Patient Should Bring:

1. All studies are videotaped and therefore some form of sleepwear needs to be worn (two piece pajamas, sweats, or t-shirts and shorts).
2. Pillow (one is provided in the hospital, but is probably not as comfortable as your own).
3. Clothing and toiletries for the next day.
4. Any medications normally taken at home.

The Patient is NOT Allowed to do the Following:

1. Bring any form of time device (wristwatch, alarm clock, etc.).
2. Play a radio.
3. Eat food (except for diabetics).
4. Watch T.V.
5. Have a night light.
6. Have family members in the same room during setup or testing unless the patient is a minor.

The Patient Should Expect:

1. The test is over when the technicians say the test is over. The technicians will not be allowed to tell you what time of the night it is or how much longer the test will be. Normally, the lab will not wake patients to go to work... it is expected that the patients will stay as long as it takes to perform the test.
2. Your hair will be a mess after the study. Do not have your hair done prior to the study.
3. Even if you do sleep in certain positions, the technician will ask you to sleep in varying positions. Unless there is a medical reason, please try to comply.
4. No results will be given to any patient from the technicians. Please do not ask them.
5. The preliminary results will be sent to your physician within 3 working days of the test. The final results usually take 2 weeks and these may be somewhat different from the preliminary reading.