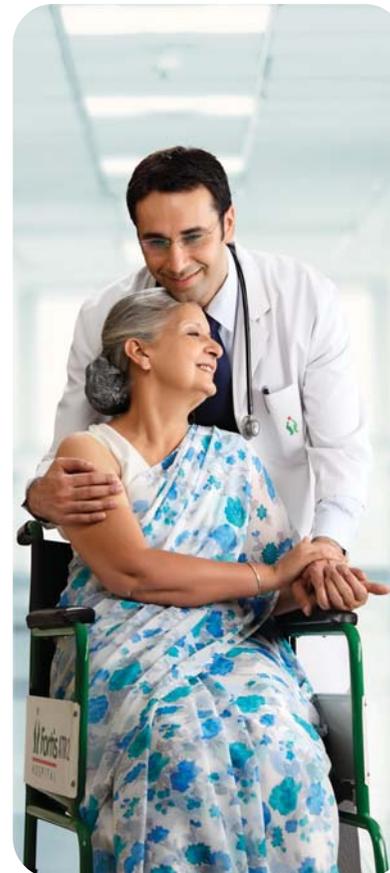
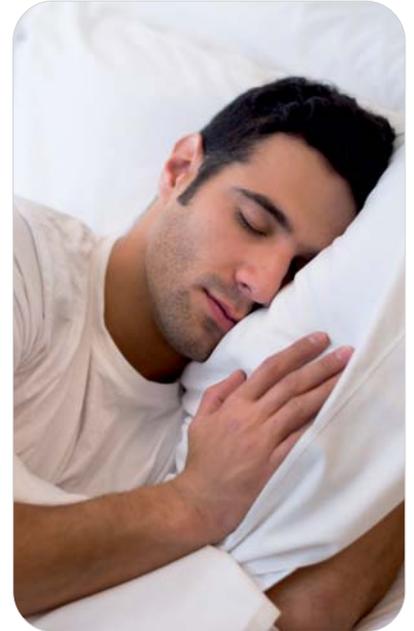


## INTRODUCTION TO SLEEP STUDY



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## WHAT IS A SLEEP STUDY?

In a sleep study or Polysomnography, measurement of your bodily function including airflow, breathing and related parameters is done during your sleep at night.

## WHEN DOES ONE NEED A SLEEP STUDY?

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Sleep study may be asked for, by your doctor for diagnosis of one of the following common causes:

- 1) Sleep apnea
- 2) Insomnia (sometimes only), where doctors suspect sleep apnea or other night-time events leading to disturbed sleep
- 3) Recording of sleep related movements like sleep walking, sleep talking, sleep terrors, night time seizures, dream-enacting behaviour, etc.

### Type of Sleep Study:

#### Complete Sleep Study

This is a sleep laboratory based overnight polysomnography (PSG) assisted by a sleep technician where at least 12 different types of sensors including EEG, ECG, pulse oximetry, abdominal and chest movement, nasal and oral airflow sensors, muscle sensors and snoring sensors are recorded.



#### Portable Sleep Study

This study is the same as Complete Sleep Study except that it can be done at your bedside at home/hospital. A split-night sleep study is where initial few hours will involve diagnostic study and later hours of sleep will involve optimization of PAP pressures.



### Preparation for a Sleep Study:

A Sleep Study will require you to have a usual sleep under monitoring by various sensors and gadgets around you. We advise the following preparation for the same:

1. Keep a regular routine as much as possible
2. Eat light dinner before reporting to the lab
3. Take your regular medications
4. Don't take large amounts of caffeine after lunch, this includes soda, coffee, tea, etc
5. Don't take a nap on the day of the test
6. Don't use creams, oils, or sprays on your hair or skin the day of your test

7. You may bring one attendant (accompanying person) with you

### Usual schedule on the night of the study:

1. Visit to sleep centre or a lab technician visiting your place: 9pm
2. Putting up of sensors and explaining the procedure: 1 hour
3. Recording of sleep with/without use of PAP device: 6 - 7 hours

### Reports of the study:

You will generally be provided with the reports of your sleep study in 2 days. This report will be discussed by your doctor with you.

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## WHAT TREATMENT DO I NEED TO TAKE IF MY RESULTS ARE POSITIVE FOR OSA?

Treatment usually involves Positive Airway Pressure (PAP) therapy which is the most effective therapy available for OSA. In addition, weight loss in case of obesity, regular physical exercise, stoppage of smoking and drinking alcohol are also advocated as adjunctive behavioural measures.