

THE NIGHT OF YOUR STUDY:

- No caffeine, alcohol, or tobacco after 10 a.m. the day of your test.
- No naps on the day of your test.
- Bring something comfortable to sleep in.
- Bring any medications that you may need to take including breathing treatments.
- Eat dinner before coming for your test.
- All males - be clean shaven and bring/wear shirt to sleep in.
- All females - No hair spray or makeup.
- No wigs, toupees or hair pieces.
- Please bring your own toiletries for the night of your study.
- If you are unable to breathe through your nose or have severe nasal congestion, call 985.493.4759 to reschedule.
- If you are on home oxygen, please come with a full tank (oxygen) for transporting to sleep room. We have oxygen in the sleep rooms for overnight use.
- Lights out will be no later than 10:30 p.m.
- The results of your sleep study should be available within 2 weeks from the day of your study.

For more information, call 985.493.4759.



SLEEP DISORDERS CENTER OF THIBODAUX REGIONAL

604 North Acadia Road, Suite 210
Thibodaux • 985.493.4759
www.thibodaux.com



SLEEP STUDY INSTRUCTIONS

APPOINTMENT DATE: _____

APPOINTMENT TIME: _____



SLEEP DISORDERS CENTER OF THIBODAUX REGIONAL

Accredited by the American Academy of Sleep Medicine

Sleep Studies An overnight sleep study, also called a polysomnogram, is a procedure which monitors body functions such as brain waves, heart rate, leg movements and breathing during sleep. You will be monitored by a sleep technologist all night long.



THERE ARE DIFFERENT TYPES OF SLEEP STUDIES:

DIAGNOSTIC STUDIES are used to evaluate whether you have a sleep disorder. If you are diagnosed with Obstructive Sleep Apnea you will need another sleep study to treat the condition using a CPAP machine.

CPAP STUDY is performed to determine the ideal pressure settings. (A mask is worn over the nose/mouth).

HOME SLEEP TESTING is a modified sleep study that is performed in your home with a portable monitor. It is used only to look for Obstructive Sleep Apnea.

MSLT/MWT is used to assess sleepiness. It is followed by an overnight sleep study. It is comprised of 4-5 nap sessions. You will be given 20 minutes to fall asleep every 2 hours.

SPLIT STUDY - During the first half of the night, your sleep is checked to determine whether you have sleep apnea and if so, the severity will be determined. During the second half of the night, you may be asked to use a CPAP machine. Air will flow through a mask while you sleep. A technician will adjust the settings on the machine so the flow of air is just right for you. These are the settings you will use if asked to use a CPAP machine at home.

The only time a split study can be done is when we can get the diagnosis within two-hours of sleep time and have three hours left for the treatment (CPAP).

Who can stay with me?

For adults, limited family members/friends (1-2) are welcome to accompany you until your bedtime. Guests are not permitted to stay overnight.

For children under 18 years of age, disabled, or otherwise non-independent patients, we require and allow only one parent or caregiver to stay overnight. A bed is available in the room for the caregiver to sleep. Sharing the bed will interfere with the sleep study.

What about food?

Please eat before you arrive. You may bring snacks and drinks for refreshments. The café is closed overnight.

What should I bring?

Pack a small overnight bag that includes your pajamas, toothbrush and any other necessities you will need during the night and the next morning.

The SLEEP DISORDERS CENTER is located in the **Medical Office Building, Suite 210 on the 2nd floor**. The Medical Office Building is between the Main Hospital Entrance and the Cancer Center. The doors of the Medical Office Building lock promptly at 8:30pm. Please call the Center at 985.493.4759 if you are running late for your scheduled appointment.



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