



## SLEEP & NEUROSCIENCE ASSOCIATES

### PATIENT INFORMATION FOR OVERNIGHT AND DAYTIME LABORATORY STUDIES

You may be scheduled for the following test(s):

□ **Routine Polysomnography:** Routine polysomnography is ordered to confirm or rule out the diagnosis of sleep apnea, narcolepsy, insomnia, and most other sleep disorders. This type of recording typically consists of 15 or 16 channels of polygraphic recording. The variables measured include two channels of electrooculographic (EOG) activity, three to four channels of electroencephalographic (EEG) activity, one channel of chin electromyographic (EMG) activity, one channel of electrocardiographic (EKG) activity, one channel of nasal/oral air flow, one channel of abdominal respiratory effort, one channel of oxygen saturation as measured by pulse oximetry, and one channel of snoring sounds. Video and audiotape are continuously recorded and measures of body position are obtained.

□ **Multiple Sleep Latency Test (MSLT):** The MSLT routinely follows nocturnal polysomnography. The MSLT provides the patient with four or five scheduled opportunities to nap during the day. This is a routine test in the evaluation of daytime sleepiness. The mean latency to sleep onset for all naps is calculated as a measure of daytime sleepiness. The MSLT can be important in determining the severity of sleep apnea or your response to treatment. Detection of rapid-eye-movement (REM) sleep episodes on the MSLT may be required for the diagnosis of narcolepsy.

□ **Nocturnal Polysomnography with CPAP Titration:** May be ordered for patients with sleep related breathing disorders confirmed by nocturnal polysomnography. Consists of all measures included in routine nocturnal polysomnography as well as the application of nasal continuous positive airway pressure (CPAP) or intermittent positive airway pressure (BiPAP). Nasal CPAP and BiPAP pressures are adjusted throughout the night to determine the appropriate pressure(s) to be prescribed in treatment.

□ **Split-Night Polysomnography:** Split-night polysomnography combines essential elements of Routine Polysomnography (see above) and Nocturnal Polysomnography with Nasal CPAP Titration (see above). Split-night polysomnography typically is ordered under special circumstances in order to obtain diagnostic data and treatment data in one night of recording.

□ **Maintenance of Wakefulness Test (MWT):** The MWT is a test that is used to determine an individual's ability to remain awake when placed in an environment that is conducive to sleep. The procedure is similar to the MSLT (see above) in that four or five test sessions occur throughout the day. However, each test challenges the individual's ability to remain awake while laying supine in a darkened room. The MWT may be used to determine response to treatment, and may provide documentation of a person's ability to remain awake in critical situations.

□ **Specialized Polysomnographic Procedure:** Includes transcutaneous CO<sub>2</sub> monitoring, EEG studies to rule out nocturnal seizures.

□ **Home sleep test (HST):** Unattended home sleep test is done to rule out the diagnosis of abnormal breathing in sleep. Although less sensitive than the route polysomnogram it may pick up a sleep breathing abnormality in the comfort of one's home. The test may be one to two nights using a portable device that records breathing during the sleep period. Although a positive test may confirm the diagnosis of abnormal breathing in sleep a negative test does not conclusively rule it out and an in lab polysomnography may be indicated.

#### QUESTIONS

If you have further questions regarding your studies, please contact the sleep center at Greenwich Hospital at (203) 863-3000.