

Sleep Study Types

(PSG) Polysomnogram

A PSG or standard sleep study is a diagnostic test. Its purpose is to collect data about your brain waves, sleep stages, breathing patterns, oxygen levels, limb movements, eye movements, chin movements and heart rhythms. The information collected will be used by the doctor to make a diagnosis and recommend a care plan.

If you are being seen for possible sleep apnea, you will be shown a video explaining what it is, and how it is treated.

As you are hooked up, you and your technician can discuss bedtime (usually between 9:00 and 11:00 pm). You can expect to be awakened between 5:00 and 6:00 am.

Split Study

This test is a combination of a PSG and a CPAP titration study. You will start the night doing a PSG study as above. If after two hours of sleep, your sleep breathing disorders are severe enough to meet Sleep Center criteria, you will be switched to CPAP titration study as below.

CPAP Titration Study

This is a therapeutic treatment study. Its purpose is to treat sleep related breathing disorders, including apnea. You will follow the same routine as you would for a PSG except you will be using a CPAP machine to sleep. Before you are hooked up to your sensors and electrodes the technician will show you a variety of CPAP masks. You will be allowed to wear different mask styles before you and your technician make a choice. Once fitted, you will have time to get used to wearing it before going to bed. During the night the technician will be adjusting the pressure in your mask to eliminate your breathing disorders.

MSLT

MSLT (Multiple Sleep Latency Test) is a diagnostic test. Its purpose is to quantitate or assess the degree of your day time sleepiness and to rule out narcolepsy. The test consists of a series of 4 to 5 naps. The duration for the naps are variable depending on what the technician sees in your brain waves. There will be approximately 1^{1/2} hours between the end of one nap and the beginning of the next. You may want to bring something to occupy your time.

As with all sleep studies you will be attached to a variety of sensors and electrodes. The technician will explain the purpose of these during the hook up.

MWT

MWT (Maintenance of Wakefulness) is a diagnostic test designed to assess your ability to stay awake. This test requires that you sit in darkened, quiet, environmentally controlled room for periods of 20 to 40 minutes while trying to stay awake. Four tests will be done during the day. There will be approximately 1^{1/2} hours between the end of one nap and the beginning of the next. You may want to bring something to occupy your time.