



# Michigan Heart Sleep Center

## **MICHIGAN HEART SLEEP CENTER**

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## **FREQUENTLY ASKED QUESTIONS FOR PATIENTS**

### **What time should I show up and what time can I expect to leave in the morning?**

Appointment times are scheduled for 8:15 pm and you will generally be on your way by 5:30-6:00 am in the morning. Accommodations can be arranged if you are a shift worker; just let the scheduling staff know. Please note that doors open no earlier than 8pm.

### **What do I need to bring with me to the Sleep Center?**

Bring the Health History Questionnaire and your most current medication list. Also, be sure to bring personal items with you, similar to what you would bring to a hotel for an overnight stay. Pajamas or a t-shirt and shorts are suitable attire to sleep in. Don't forget to bring your favorite pillow!

### **Should I shower before coming in?**

We discourage the use of hairspray, mousse, or gel in your hair as we need to attach electrodes to the scalp. Men, please be clean shaven prior to coming in. If you normally wear a beard you do not need to shave it off. Ladies, please remove all cosmetics as this helps our tape stick when applying electrodes.

### **Electrodes? What exactly is going to be "attached" to me?**

In order for us to see exactly what is happening when you sleep, we need to attach electrodes to you. First, a technician will "prep" the area where an electrode is placed by gently scrubbing with a special cleaner to prepare an optimum contact surface. Then the electrode is attached by either tape (hypoallergenic available), or paste if it is in the hair. Electrodes are lightweight wires that will primarily be placed on the face and head. Other sensors include EKG to monitor the heart and 2 elastic belts, one around the chest, and another around the abdomen. Sensors placed on the outside of each shin will monitor leg movements.

### **Does someone observe me all night?**

Your privacy is a top priority for us at the Michigan Heart Sleep Center, and we ensure that it is respected to the fullest. Once testing begins ("lights out") you will be video recorded. Your technician is responsible for providing the best care possible, and will be monitoring your heart, brainwaves, breathing, body movements and position, and blood oxygen levels.

### **When will I receive the results of my sleep study?**

You will be notified of the results of the study typically between 6-8 business days. The doctor that referred you, as well as your Primary Care Physician, will receive a copy of the results.

### **Can I get up to use the restroom during the night?**

Yes. Simply alert the technician and you will be able to use the restroom as needed. Each of our bedrooms has a private restroom.

### **Why am I scheduled for 2 sleep studies?**

The first study is a baseline diagnostic study. This means that we simply are recording how you sleep. The second study is called a CPAP study. CPAP (Continuous Positive Airway Pressure) is the treatment for Sleep Apnea. If it is found that you have Sleep Apnea during the Diagnostic Study, you will have your CPAP study already conveniently scheduled.

### **What is CPAP?**

CPAP (Continuous Positive Airway Pressure) is the treatment for the most common sleep disorder, Sleep Apnea. A person wears a mask, either over their nose, or mouth and nose, and there is a predetermined air pressure coming through it. That air pressure is just strong enough to keep your airway open, which, in turn, keeps you from snoring or holding your breath (Sleep Apnea).