

# Hawthorn Medical Sleep Center

*Accredited by the American Academy of Sleep Medicine*

## Arriving for Your Sleep Study

**If you need to reschedule your study, please make every attempt to notify us at least 24 hours in advance. Thank you.**

**Arriving at the Sleep Center:** The Sleep Center is located at 535 Faunce Corner Road, North Dartmouth, MA. The Sleep Center is inside the Hawthorn Medical building, on the 2nd floor. You may park directly in front of the building. The front door will be locked; but the security guard will let you in and escort you up to the center.

**Why did my doctor order a sleep study?** A Sleep Study (polysomnogram or PSG) measures your breathing, heart rate, oxygen levels, and brain waves (EEG) during sleep. It helps indicate why your sleep may not be restful and it can help find the cause of snoring & daytime sleepiness. The test is also used to diagnose sleep apnea.

Many times during the night, people who have sleep apnea stop breathing or have shallow breathing. Common symptoms of sleep apnea are daytime sleepiness, snoring, headaches, high blood pressure, memory loss, difficulty concentrating and impotence. Patients who have narcolepsy, restless legs at night, or seizures may also benefit from sleep studies.

**What should I expect to happen during the night?** Your bedroom will be a private room, with a full size bed, private bathroom with a shower, and a 32 " LCD TV. Rooms with handicapped equipment are available also.

Wires will be attached to the skin on your face, scalp, and legs (similar to an EKG or EEG). Stretchy cloth belts are loosely placed around your chest and stomach. The wires and belts send signals to a computer. The computer records the depth of your sleep, heart rate, breathing rate, and oxygen levels. A video camera records your movements during sleep. The Sleep Technologist will be available all night.

### What should I do to prepare/bring for the study?

- Do not have any caffeine after 10:00 AM, no alcohol on the day of study.
- Bring pajamas or gym shorts & a T-shirt (this helps the wires fit comfortably).
- Shower before you come. Men, please be freshly shaven, but no need to remove beards, etc.
- Do not apply lotions.
- You may bring your own pillow, light snack, or reading material.
- If you use CPAP or BIPAP, you may bring your mask and headgear if you wish.
- Bring any medicines you normally take during the night or upon awakening. We do not dispense any medication.
- Please complete the Pre-Study questionnaire and bring it with you.
- Plan on leaving between 6:00 - 7:00 AM

If your first study shows abnormalities that are potentially treated with Continuous Positive Airway Pressure (CPAP), it is likely you will be called for a second study to see if this treatment works for you.