

Why do I need a Sleep Study?

Your physician has determined that you will benefit from having a Sleep Study (Polysomnography).

During an overnight sleep study, you may be diagnosed with sleep apnea and started on PAP therapy (**P**ositive **A**irway **P**ressure - a nose or face mask that will deliver pressurized air while you sleep).

We hope that your experience at San Tan Sleep Solutions will be a pleasant one.

What do I need to do for the overnight sleep study?

- Avoid caffeine, alcohol, or napping the day of the test.
- Bring comfortable clothing to sleep in. You may also bring a pillow, blanket etc. if you like.
- Eat your normal dinner before you come in.
- Shower and wash your hair. **Do not put oils/lotions on your skin. Do not use hair products.**
- Bring any medications you may need to take before bedtime.
- You may bring a snack, particularly if you are a diabetic and are at risk of hypoglycemia or low blood sugar levels.

Should I take my medications?

Yes, unless specifically instructed by your physician, take your medication as usual. Also, bring any medication you will need during the night or early in the morning. The Sleep Center does not provide medication or snacks. It is important for the Sleep Professionals to know what medications you are taking since many medications can affect sleep.

What will happen when I arrive at the sleep center?

We recommend that you arrive at the sleep center 15 mins before your appointment time. After you are checked into the lab, a registered sleep technologist will greet you and show you to your room.

The technician will explain the set-up procedure and answer any questions you may have. You should also inform the technician of any changes in your sleep or specific difficulties that you have not already discussed with your healthcare professional.

You will be given time to change into your nightclothes and get ready for bed. There will be a waiting period while the technician applies the electrodes.

What should I expect during the sleep study?

A sleep study, or polysomnogram, is a recording that includes measurements used to identify various sleep problems.

During sleep testing, small metal disks (called electrodes) are applied to your head with adhesive. The adhesive is easily removed and doesn't damage your hair. The other electrodes are applied with EKG-type sticky pads to your chest. These are necessary to monitor brain waves, muscle movements, breathing, snoring, and heart rate. Soft belts around your chest and waist monitor your breathing. A sensor attached to your finger monitors your heart rate and blood oxygen levels.

None of these devices are painful or dangerous and all are designed to be as comfortable as possible.

How will I be able to sleep with all those wires on me?

At San Tan Sleep Solutions, our sleep machine is wireless - hence you won't be attached to any equipment with cables or wires. The SOMNOscreen™ plus is the smallest PSG system with up to 33 channels. The wires attached to the electrodes are gathered and tucked away in such a way that it won't tangle up or wrap around. This will allow you to move freely inside your bed or even get up and go to the bathroom without having to be "disconnected".

The beds have electronic controls with the ability to lift the head & legs for your comfort. This will enable you to roll over and change positions easily.

The technical equipment and technologists are in a separate room from your bedroom.

Will I be able to get out of bed to use the restroom?

Yes. At any time you will be able to get up and go to the bathroom while you still have your device on without having to be disconnected

What happens after my sleep study?

The sleep study, analysis, and interpretation are part of a complex process.

After the study sleep, the technologist will process or "score" the large amount of data collected. San Tan Sleep Solutions has a physician that specializes and is board certified in Sleep Medicine that interprets the information. This is a detailed process that may take some time to complete.

At the time we schedule your sleep study we will automatically schedule a follow up visit in approximately 2 weeks for you to meet with your physician and discuss the findings.

You may also get a call from your physician to get another sleep study designed specifically to initiate and customize a face mask. This is called a PAP Titration Study.

Can I leave my car at the sleep center overnight?

Yes, parking is available in the visitors lot.

What is the address and directions to the sleep clinic?

Our sleep lab is located in south Chandler on Riggs Road and Lindsay. The address is:

San Tan Sleep Solutions

3980 E Riggs Road - Bldg 4

Chandler, AZ 85249

PHONE: 480-338-2329

CANCELLATION - NO SHOW POLICY

If you cannot keep your appointment for the sleep study, please let us know by calling the main office at least 3 days before your sleep study so we can accommodate other patients.

Failure to do so will result in a fee of **\$100.00**. Thanks for your understanding.

PHONE- 480-338-2329

Please call San Tan Sleep Solutions at the above phone number if you have questions or need further directions to the sleep lab.

Chandler Location and Sleep Solutions Center

