

What to Expect During Your Stay at a Sleep Disorders Lab

Information for patients and families

Read this information to learn:

- What a sleep study is
- What a CPAP titration study is
- How to prepare
- What to expect

Sleep Labs at University Health Network

Toronto Rehabilitation Institute

550 University Avenue

12th floor (12-080)

Phone: 416 597 3422, extension 3078

Hours: 9:00 am to 5:00 pm and 8:00 pm to 6:00 am

Toronto General Hospital

200 Elizabeth Street

Eaton Wing – 6th floor (401)

Phone: 416 340 3823

Hours: 8:00 pm to 6:00 am



What is a sleep study?

A sleep study (also called a **polysomnogram**) is a special test your doctor orders to find out if you have a sleep disorder. A sleep disorder may cause you to have:

- problems snoring
- pauses in your breathing when asleep
- difficulty falling or staying asleep
- restless sleep
- morning headaches
- sleepiness during the day
- memory problems

Your doctor may also ask for a sleep study if you have a medical illness such as heart, kidney or liver disease, high blood pressure, or you have had a stroke. More sleep disorders are seen in people with these diseases.

During a sleep study, staff will check your brain activity, breathing and body movements while you sleep. This will help them see if there is a problem. Your sleep study is done in a special laboratory (lab) during the night and sometimes during the day.

What is a CPAP titration study?

If you have obstructive sleep apnea, your doctor may want to use a Continuous Positive Airway Pressure (CPAP) machine to help you. To start this treatment, you will have to come to the sleep lab again for an overnight study.

What is obstructive sleep apnea?

Obstructive sleep apnea is a breathing problem that causes some people to stop breathing for short periods of time during their sleep. They stop breathing because their upper airway (windpipe) closes. Their brain notices a problem and wakes them up. This reopens their windpipe but disrupts their sleep.

How can CPAP help?

Continuous positive airway pressure (CPAP) can help people with sleep apnea. A CPAP is a machine attached to an air hose. The machine blows pressurized air through this hose to a face mask that a person wears while asleep. This helps keep the person's windpipe open, which allows them to have a more restful sleep.

How do I prepare for these studies?

- Eat your regularly scheduled meals the day of your sleep study.
- The night before your sleep study, go to bed at your normal bedtime. Don't take naps the day of your study.
- Take your regular medicines with you to the sleep lab. Don't stop taking your medicines unless your doctor told you to.
- Shower and wash your hair before the study.
- Don't use hairspray, conditioner or gels in your hair. These can affect the test.

What should I bring with me?

- something comfortable to sleep in, like pajamas
- any medicines you need to take
- a list of all the medicines you are taking
- personal care items (for example, a toothbrush, comb, shower gel or shampoo) and clothing for the next day
- your Ontario health card (OHIP)
- a snack and something to drink if you have diabetes or get hungry at night

What can I expect during that sleep study?

1. When you arrive, we ask you some questions and then you change into your pajamas.
2. We weigh you and then put 24 electrodes and sensors (wires) on your head, face, chest and legs using tape and a soft gel. The electrodes are gold-plated metal discs. They monitor the activities that go on in your body during your sleep.
3. We place soft bands around your chest and stomach to measure your breathing. We also put a clip on your finger or earlobe to check the level of oxygen in your blood.

We will be with you all night while you sleep and we will use special equipment to check on you from another room.

CPAP titration study

We will use the same wires and bands as we did during your first sleep study. For this study, you will also have a mask over your nose or face that will be attached to a CPAP machine. As you sleep, the technicians will adjust the air pressure that this machine gives you during the night. This will help us to find the correct air pressure that will stop your sleep apnea.

How will I be able to sleep with all these wires?

Feel free to sleep in your usual sleeping position. Most people become used to the wires and fall asleep quickly.

What if I need to go to the washroom?

Let us know if you need to use the washroom during your study. The staff will help you to remove the wires (and mask if you are wearing one) so you can use the washroom.

How long will the study take?

At around 6:30 am the next morning, the study will be finished. We will wake you and help remove the wires (and mask if you are wearing one) and then you can go home. If you are there for the sleep study, you must fill out a short questionnaire before you go home.

What happens after the sleep study?

Specially trained professionals will need to work many hours to get the results of your sleep study. So, the final report of your sleep study will not be ready right away.

Your referring doctor will receive a copy of the sleep report from the sleep lab in about 1 month. The sleep specialist may then call you to book a follow-up appointment at the sleep clinic.

If you have general questions or questions about your follow-up after your sleep study, please call your sleep doctor's office:

Toronto General Hospital: Phone: 416 340 4719

Women's College Hospital: Phone: 416 323 6137

If you have questions about your sleep study appointment:

Phone: 416 597 3422, extension 3078

CPAP titration study

Once your doctor reviews the results of your CPAP titration study, they will send a prescription for a CPAP machine to a **homecare company**. These are health care companies that sell CPAP machines and show patients and their family how to use them.

You should get a call from one of these homecare companies 7 to 14 days after your CPAP titration sleep study. They will make an appointment with you to set up and start CPAP therapy.

If you would like to deal with a particular homecare company, please let the sleep laboratory technician know.

If you don't get a call from the homecare company within 2 to 3 weeks, please contact the sleep laboratory at 416 597 3422, extension 3078 or the sleep clinic office



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