



# *Sleep Medicine Associates*

7103 Bakers Bridge Ave. 102

Brentwood TN, 37027

P – 615-732-5712 F – 615-634-8350

## **Patient Instructions for Sleep Study**

You have been referred to **Sleep Medicine Associates** for a sleep study. The facility will contact you within 24 hours of the referral. At that time, someone will discuss insurance benefits with you and schedule your overnight sleep study. SMA is located at **7103 Bakers Bridge Avenue Suite 102, Brentwood, TN 37027**

If you have any questions or concerns, please feel free to contact the sleep lab at **615-732-5712**.

The all night sleep study is frequently used by physicians to evaluate adult patients when they are sleeping. This test is extremely valuable for diagnosing and treating many sleep disorders, including neurological disorders, movement disorders, and breathing disorders. For example, Obstructive Sleep Apnea can reduce blood oxygen levels causing the heart to pump harder and may lead to serious cardiovascular consequences such as high blood pressure, heart attack, and stroke. The sleep study test records a variety of body function during sleep, including electrical activity of the brain, eye movement, muscle activity, heart rate, breathing patterns, airflow through the nose and mouth, and blood oxygen levels.

Patients typically arrive at the sleep lab around 8:30 pm on the scheduled night. We will verify the arrival time when your sleep study is scheduled. Patients are greeted by the Sleep technologist/Respiratory Therapist, who will explain and perform the sleep study test. Patients are usually required to fill out necessary admission forms and paperwork prior to beginning the test. The sleep testing rooms are private, comfortable rooms, hotel or bedroom like rooms (not hospital rooms) and each room has a queen size bed and its own television.

For studying the quality of sleep, electrodes (with adhesive or paste) are applied to the scalp, sides of head, and under chin, chest, and legs. This lets us measure brain waves, heart rate, and eye movements. A sensor is placed by the nose or mouth for measurement of airflow. Belts are placed around the rib cage and abdomen for measurements of breathing movements. A clip is placed on a finger to measure oxygen levels. Other measurements may be applied as required. There are **NO NEEDLES** and **NO PAIN**. The electrodes are connected to a box at the bedside for relaying signals to the central room where the sleep tech will be at all times throughout the sleep study.

Throughout the night, the technologist monitors the patient's sleep and general condition. Patients can call the technologist at any time during the test.

Patients usually check out around 6 am in the morning. Once the test is completed, the scored data is sent to the sleep specialist for interpretation. The entire process usually takes 2-4 business days. Once the final report is received from the sleep specialist the results will be forwarded to your doctor, and we will notify you of the results and tax plan to leave.

***Thanks for choosing Sleep Medicine Associates.***