

# Polysomnogram: Understanding a Sleep Study

Sleep-disordered breathing (SDB) is a general term for breathing difficulties occurring during sleep. Your physician may recommend a polysomnogram (pa-lee-SOM-no-gram), referred to as a sleep study, if there are signs of SDB, such as frequent loud snoring, gasping, snorting, and thrashing in bed or unexplained bedwetting is observed. This type of test involves spending the night sleeping in the sleep laboratory.



During sleep, the body functions are different than while awake. A lack of good quality sleep may cause irritability, daytime sleepiness, difficulty concentrating, or in some cases, risks to overall health.

## What is a Polysomnogram (sleep study)?

This is a procedure that measures bodily functions during sleep. The exact measures will vary depending on each individual.

## Which measurements are most common and how are they collected?

- Brain Waves (EEG recorded by electrodes placed on the scalp)
- Heart Beats (electrodes placed on the chest)
- Eye Movements (electrodes placed above and below the eyes)
- Muscle Tension ( electrodes placed on the chin)
- Leg Movements (electrodes placed on the lower leg)
- Airflow Breathing (sensor placed beneath the nose)
- Chest and Abdominal Breathing (sensors places around the chest and abdomen outside of clothing)
- Blood Oxygen Levels (small sensory attached/taped to the finger)

## What happens after the sleep study?

Your physician will review the results of the sleep study and make recommendations on the findings.



## How can I help my child prepare for the sleep study?

- Avoid caffeine after breakfast.
- Arrive bathed and dressed for bed. No onesies).
- Have clean and oil free skin and hair.
- Ensure patient and accompanying adult arrive fed prior to the appointment. Snacks are permitted. (Note: no outside cooked food is allowed into the facility. There are no vending machines available.)

## How long is the study?

Study duration: 8:00 pm - 6:00 am

Lights on is at 5:00 am

Please arrive no earlier than 5 minutes prior to your appointment.

## What should I bring?

- Bring items needed to mirror your normal bedtime and morning routine, such as a toothbrush and other toiletries and clothes.
- Wear or bring something comfortable to sleep in
- Reading material or something to keep you and the patient comfortable and occupied
  - Cell phone use without headphones is discouraged as other patients may find this distracting
- Diapers, baby wipes, formula, or any other needed items. There is a small refrigerator where bottles can be stored. Parents are also welcome to pack a cooler.
- Bring or administer any required medication for patient and guardian prior to the appointment
- All identification and insurance cards

## Who may attend?

Only one adult may accompany patients under the age of 18 and are required to stay the duration of the study.

## How can my child sleep with all the sensors?

Most people report being able to sleep well. The body sensors are placed so that you can move freely during sleep. The procedure itself is painless and none of the electrodes puncture the skin. Sleep center staff works exclusively with pediatrics and recognizes no two patients are the same. They will do their best to ensure you have a comfortable, restful environment. Additionally, patients are okay to resume their normal schedule after the test.



## How much will a sleep study cost?

The scheduled appointment will be coordinated with your insurance company. All applicable co-pays, co-insurances, and deductibles are due at least 2 days prior to the appointment.

This amount can be paid via phone using a debit or credit card or in person with cash or check. Note: checks must be received at least 5 days prior to the appointment.

To make sure you and your child have the best experience possible, here are several things you can do to prepare:

- Tell your child what to expect during the sleep test
- Be sure to bring everything needed for their normal bedtime routine
- Rooms are kept at 70 degrees so please dress accordingly. Extra blankets are available upon request.
- Arrive to the center no earlier than 8:00 pm. Lights on is at 5:00 am; please be prepared to leave at 6:00 am the following morning.
- Remember to bring all identification and insurance cards
- School excuses are available if needed



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