

Established in 1982, the Sleep Center at Huntington Hospital's emphasis is on quality of care, scope of service and expediency of treatment. Our sleep analysis program is one of the most comprehensive in the region.

Any licensed physician may order a sleep study at the Center. All sleep studies are interpreted by physicians who are board-certified in sleep medicine by the American Board of Sleep Medicine or American Board of Internal Medicine.

Your Sleep Study

What is it?

A sleep study, or nocturnal polysomnogram (NPSG), takes place overnight in a sleep laboratory setting. Each patient has a private room and sleep behavior is monitored throughout the night.

The set-up:

Prior to the sleep study, a certified sleep technician will attach small wire electrodes to the patient's face, scalp, chest, and legs. The wires are applied using a special water-soluble skin paste. An airflow cannula is placed directly under the nose, and two elastic bands will be placed around the chest and abdomen. The equipment is small and portable, allowing complete freedom of movement. It usually does not interfere with the ability to sleep.



Sleep Disorders:

The most common sleep disorders are snoring and obstructive sleep apnea (OSAS). Snoring is often the first indication of OSAS, a potentially life-threatening disorder.

OSAS:

When a person goes to sleep, the body's muscles relax and for some people this relaxation causes the airway to narrow and interfere with breathing. OSAS is a breathing disorder in which the throat narrows to such a degree that breathing becomes difficult or stops. This causes the body to awaken in order to stiffen and



reopen the throat. Once awake, the effort to take in air decreases, breathing returns to normal and the person resumes sleep. A person can go through this cycle hundreds of times

each night, and because the episodes are so brief, they don't even remember awakening. This can lead to daytime sleepiness that affects all aspects of life. The severity of the throat narrowing can cause a complete cessation of breathing (apnea) or partial cessation (hypopneas and respiratory effort-related arousals), leading to a repetitive disruption of sleep as well as a lack of oxygen.

Warning signs of OSAS:

- * Excessive daytime sleepiness
- * Loud snoring
- * Patterned snoring with pauses and/or gasps for breath
- * Falling asleep at inappropriate times
- * Difficulty concentrating, irritability, forgetfulness, anxiety and/or depression
- * Morning headaches, frequent nighttime urination, impotence and/or menstrual irregularities

Warning signs in children with OSAS

- * Snoring or squeaking sounds during sleep
- * Difficulty breathing
- * Sleeping fitfully
- * Daytime hyperactivity
- * Performing poorly in school

Diagnosing OSAS:

If you suspect that you or a family member has severe snoring or OSAS you should visit a Huntington Hospital sleep specialist physician. A doctor will evaluate your condition and prescribe a sleep study if a sleep disorder is suspected.

Sleep studies can be performed seven nights a week at the Huntington Hospital Sleep Health Center. After your study, you will meet with your sleep specialist physician to obtain your results and discuss treatment options.

Preparing for your sleep study

- * Eat dinner before coming to the sleep center
- * Bring comfortable sleep attire
- * If you are taking any medication, please continue to do so unless otherwise instructed by your doctor.
- * Do not use hair products or make-up (you will have the opportunity to remove make-up before the study)
- * We provide pillows, bedding and towels, though you are welcome to bring your own
- * You are encouraged to bring reading material, laptop computers or other items you normally use before sleep



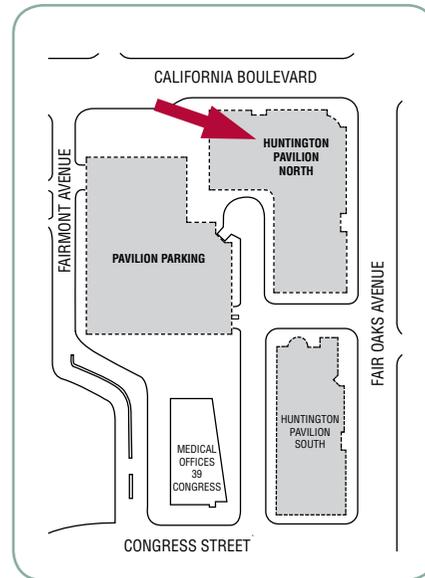
Patient check-in time is 7:45 p.m. and all patients are asked to be in bed by 10:30 p.m. Studies typically conclude by 6:00 a.m. the following morning unless otherwise noted by your doctor.

Please note: There are no nurses on staff at the Sleep Health Center during the evening. If a patient requires special care, a family member or caregiver must stay with the patient throughout the night.

Tips for a good night's sleep

- * Maintain a regular wake time, even on days off work and on weekends
- * Try to go to bed only when you are drowsy
- * Keep the bedroom comfortable and dark
- * Exercise regularly in the morning
- * Avoid late night meals
- * Avoid caffeine for six hours before bedtime
- * Avoid alcohol and sedatives before bed
- * Do not take naps
- * Use sleeping pills only if prescribed by your doctor

If you or a loved one is having difficulty sleeping or if you suspect you may have a sleep disorder, talk with your physician about getting help. If you do not have a primary care physician, or if you would like to set up an appointment with a board-certified sleep specialist, please contact the Huntington Hospital Sleep Health Center at (626) 397-3061 for referrals or any other inquiries.



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