

## V. Sharma M.D.

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### PSG • CPAP • MSLT

Your doctor has ordered an overnight sleep study (Polysomnogram). This is a painless, non-invasive testing procedure. The study measures the quantity and quality of your sleep by recording the bioelectrical activity of your body. The test will take place in our office. Each patient will have a private bedroom with a bathroom available for showering after the study is completed. Sleep is monitored until approximately 5:00 or 5:30 am the following morning. You will be ready to leave the office no later than 6:00am.

#### POLYSOMNOGRAMS INCLUDE THE FOLLOWING MEASURES

Brain waves (*electrodes placed on the scalp*)  
Eye movements (*electrodes placed by the eyes*)  
Chin muscle tone (*electrodes placed near the chin*)  
Heart rate (*electrodes placed on the chest*)  
Leg movements (*electrodes placed on the legs*)  
Airflow (*sensor placed near the nose and mouth*)  
Breathing effort (*two elastic belts placed around chest and abdomen*)  
Oxygen saturation level (*small sensor attached to the finger*)  
*Audio and digital video recording*

#### WHY IS IT NECESSARY TO RECORD THE ABOVE FUNCTION?

While you are asleep, the body functions differently than during wakefulness. Disturbed sleep such as pauses in breathing; snoring and lack of sleep consolidation can interfere with daytime activities, cause excessive daytime sleepiness and possibly lead to serious health problems.

#### HOW CAN I SLEEP OR USE THE BATHROOM WITH ALL THE SENSORS?

While many individuals worry that they will not be able to fall asleep during the test, most do and we usually obtain an adequate representation of your sleep patterns. In addition, the sensors and wires will not interfere with your ability to use the bathroom. Paste is applied to your skin and scalp to keep the electrodes in place, but it is easily removed with soap and warm water.

#### OTHER TESTS YOU MIGHT BE SCHEDULED FOR AFTER A PSG:

For a CPAP (Continuous Positive Airway Pressure) titration you will have the wires that were used for your diagnostic study. Also you will be asked to sleep with a CPAP mask over your nose. The mask delivers room air to keep your airway open. This test is used to determine the optimal pressure which will effectively treat your sleep apnea and snoring.

An MSLT (multiple sleep latency test) is a daytime sleep test which is sometimes performed in conjunction with an overnight sleep study. The test consists of a series of daytime naps which helps us better understand your sleep problem. Sensors and electrodes are used to

record information similar to the polysomnogram. Naps are taken every two hours throughout the day.

#### HOW DO I PREPARE FOR MY SLEEP STUDY?

- Please arrive on time for your appointment.
- Avoid caffeine or stimulants for 12 hours before your scheduled time of arrival.
- Maintain your normal sleep schedule until your test date. Please do not nap on the day of your study.
- Make sure your skin and hair are clean. Please do not use any hair products or lotions on the night of the study.
- You might bring your own pillow and blanket if that makes you more comfortable.
- Bedclothes are necessary. Please wear something comfortable such as gym shorts, loose lounge pants and a t-shirt or pajamas.
- Continue to take your normal medications. Bring any medications, both prescription and over the counter that you usually take prior bedtime.
- If you require a snack before bedtime, plan to bring one with you. Do not bring dinner since you must be ready to begin testing when you arrive.

#### TO ENTER THE BUILDING

In front of the building, there is a call box; search until you see "DR. SHARMA 402" and press call. That will ring upstairs and the technician will buzz you in. You may also call the office at (703)778-1800 and press 0 for emergency and leave a message with a call back number. If the technician does not pick up, you can call the technician; Amir, (703)338-0878.

#### CANCELLATIONS

If you need to cancel your scheduled sleep study, we ask for a 48 hour notice so that we may alter our study schedule to ensure that beds are not left empty. Sleep disorder testing requires extremely sophisticated; therefore there will be a \$50 fee for not cancelling in time and for no shows.