

Polysomnography (PSG or sleep study) is an overnight test used to diagnose various sleep disorders. You will be under the supervision of a respiratory therapist/sleep technologist throughout the night.

A sleep study measures the following: breathing effort and airflow, blood oxygen levels, body position, brain waves (EEG) to determine sleep stages, electrical activity of certain muscles, eye movement, heart rate, and a basic electrocardiograph (EKG).

This test is done to diagnose possible sleep disorders, including obstructive sleep apnea (OSA). Often, OSA is suspected because of the following symptoms: sleepiness or fatigue during the day, snoring, periods of breath-holding while asleep, followed by gasps or snots, or restless or non-refreshing sleep.

Other sleep disorders that this test may be used to diagnose are periodic limb movement disorder (moving your legs often during sleep) and REM behavior disorder (as sleep disorder where you may act out your dreams).

Split Night Sleep Study

Your sleep study may be scheduled as a SPLIT night sleep study. If this is the case, your study will begin as a PSG, but if certain diagnostic criteria are met, you may be placed on a CPAP (Continuous Positive Airway Pressure) machine for the second half of the night to determine the setting that is compatible with your body.

Titration Sleep Study

If your sleep study is positive but you did not meet the time constraint for Split Night Sleep Study, you will return to the Sleep Center for a second night Titration Sleep Study. This is a study to be placed on CPAP machine to determine the setting that is compatible with your body.

CPAP provides a stream of air through a mask while you sleep, preventing your airway from closing. This helps to maintain normal breathing and decrease interruptions to your sleep. The respiratory therapist/sleep technologist will have you try on different masks to find one appropriate for you to wear with your CPAP.