

## TREATMENT

Positive Airway Pressure (PAP) therapy is the treatment of choice for obstructive sleep apnea (OSA). PAP therapy provides a gentle flow of air pressure through the nose using a mask. The air pressure prevents airway collapse, allowing the patient to breathe freely while sleeping. PAP therapy is noninvasive and can alleviate the symptoms of OSA when used as prescribed.

Continuous Positive Airway Pressure (CPAP) is the most commonly used PAP therapy. It provides a continuous stream of air pressure to keep the airway open. Some CPAP systems feature C-Flex™ which lowers the pressure slightly as the patient begins to exhale for added comfort.



## SLEEP TEST PREPARATIONS

### What to bring:

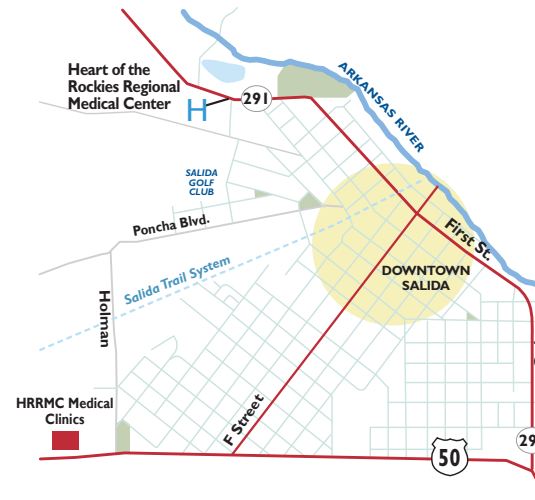
1. The sleep packet that was mailed to you.
2. Your medication list.
3. Any medication, both prescription and over-the-counter, that you usually take prior to bedtime (unless told otherwise by your doctor). Do NOT take any medications before instructed by your sleep tech.
4. Pajamas (both tops and bottoms). T-shirts and loose sweat pants are also OK. Pajamas help to keep equipment and electrode wires secure.
5. Any personal toiletries and a change of clothes for after the study.
6. Reading material, if you usually read before bedtime.
7. A snack, if you require one before bed time.

### On the day of the test:

1. Wash your hair and dry it completely. Do not put any products such as hair spray, oils or gel on your hair. These products prevent good electrode contact.
2. Do not drink any caffeinated beverages after noon or alcohol on the day of your test. These decrease your ability to sleep during the test.
3. Do not take a nap on the day of your test.
4. Check in at the registration desk in the lobby of the Emergency Department. The hospital's main entrance is closed after 8 p.m.
5. Eat your evening meal prior to arrival.

### Cancelling a sleep study:

If you need to cancel or reschedule your sleep study, please call 719-530-2396 at least 24 hours before your scheduled test.



The HRRMC Sleep Study Lab is located in the Cardiopulmonary and Sleep Department at Heart of the Rockies Regional Medical Center. To make an appointment, call 719-530-2396.



## SLEEP STUDIES

Overnight Polysomnogram (PSG)  
HRRMC Cardiopulmonary  
and Sleep Department



1000 Rush Drive, Salida, CO 81201  
Sleep Department • 719-530-2396

## WHAT IS A SLEEP STUDY?

If a sleep disorder is suspected, your physician may order either a home sleep test or an overnight sleep study, known as a polysomnogram or PSG. Specially trained sleep techs at Heart of the Rockies Regional Medical Center conduct sleep studies in a comfortable bedroom setting in the hospital's Cardiopulmonary and Sleep Department.

A polysomnogram can determine the type and severity of a sleep disorder as well as appropriate treatment. This is a painless, non-invasive test in which electrodes or sensors are placed on different parts of your body. The sensors measure:

- Brain waves
- Eye and jaw muscle movement
- Heart rate
- Leg movements
- Airflow
- Breathing effort
- Oxygen saturation

Information is gathered from all of the sensors and fed into a computer to assist in the diagnostic process. While you may wonder if you will be able to fall asleep during the test, most patients do and we can usually obtain a satisfactory representation of your sleep patterns. In addition, the sensors will not interfere with your ability to use the bathroom.



## What is obstructive sleep apnea (OSA)?

OSA afflicts 20 million adults in the United States. People who have OSA stop breathing repeatedly during sleep because their airway collapses. As a result, air is prevented from getting into the lungs.

These pauses in breathing can happen 30 times or more per hour. When sleep is interrupted in this way, it puts a strain on the heart and can lead to a number of serious health conditions.

OSA is more common in older men and post-menopausal women, but it can occur in all ages. Most people who have OSA do not realize they suffer from the condition. Often, it is someone else who witnesses the first signs of OSA.

## Key symptoms of OSA

- Excessive daytime sleepiness
- Morning headaches
- Loud or disruptive snoring
- Gasping or choking during sleep
- Frequent urination at night
- Depression and irritability

## Common causes of OSA

- Obesity
- Large neck or tongue crowding the upper airway
- Extra tissue in the airway
- Decreased muscle tone holding the airway open

## What happens if OSA is untreated?

People who do not seek diagnosis and effective treatment for OSA can be at risk for:

- High blood pressure
- Irregular heart rhythms or heart disease
- Heart attack
- Stroke
- Increased likelihood of driving or work-related accidents

## Home Sleep Test

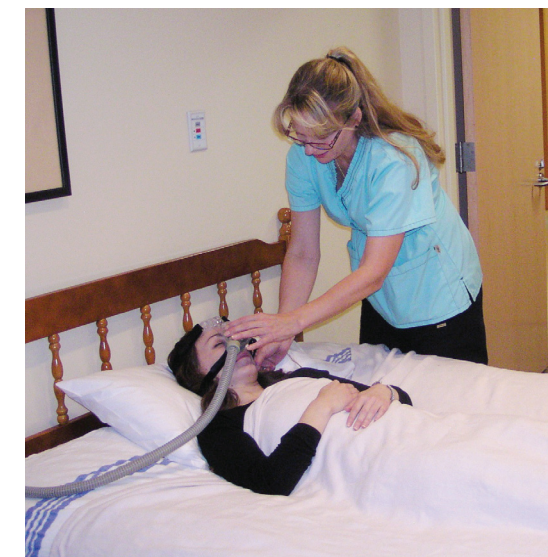
If you or your doctor suspect you suffer from sleep apnea or low oxygen levels while sleeping, you may be eligible for a home sleep test. It could gather enough information to eliminate the need for a full sleep study. This test monitors nasal and oral airflow, respiratory effort, and oxygen levels.

With a home sleep test, a patient is given a sleep kit (about the size of a telephone handset) and instructions on how to use it by one of the hospital's specially trained Cardiopulmonary and Sleep team members.

The set up is simple and the following morning you will return the kit to HRRMC where the device will be downloaded, scored by a registered sleep technologist, and sent for a sleep specialist's interpretation.

## Insurance Coverage

Home sleep tests are covered by Medicare, Health First Colorado (Medicaid), and most other medical insurances.



## HRRMC's Sleep Study Lab

Our comfortable sleep study lab is furnished like a hotel room and is supplied with pillows, blankets, towels and washcloths.

HRRMC's polysomnographic technologists are available to conduct PSGs on a nightly basis. HRRMC's board-certified neurologists will read and interpret the test results. This assures a quick turnaround between a patient's PSG and the reported test results.

Physicians and patients who want to schedule a sleep study or request more information should call HRRMC's Cardiopulmonary Department at 719-530-2396.

## Insurance Coverage

PSGs and Continuous Positive Airway Pressure (CPAP)—the most common treatment for obstructive sleep apnea—are covered by Medicare, Medicaid and many other medical insurances.