



Dear Patient:

You have been referred for a sleep study, because your physician is concerned you may have a serious medical condition called sleep apnea.

Sleep apnea is a common disorder in which you have one or more pauses in breathing or shallow breaths while you sleep.

Sleep apnea often goes undiagnosed. Doctors usually can't detect the condition during routine office visits. Also, there are no blood tests for the condition.

Most people who have sleep apnea don't know they have it because it only occurs during sleep. A family member and/ or bed partner may first notice the signs of sleep apnea.

The most common type of sleep apnea is obstructive sleep apnea. This most often means that the airway has collapsed or is blocked during sleep. The blockage may cause shallow breathing or breathing pauses.

Breathing pauses can last from a few seconds to minutes. They often occur 5 to 30 times or more an hour. Typically, normal breathing then starts again, sometimes with a loud snort or choking sound.

Sleep apnea usually is a chronic (ongoing) condition that disrupts your sleep 3 or more nights each week. You often move out of deep sleep and into light sleep when your breathing pauses or becomes shallow.

This results in poor sleep quality that makes you tired during the day. Sleep apnea is one of the leading causes of excessive daytime sleepiness.

Please remember, untreated sleep apnea can increase your risk for:

- Hypertension (high blood pressure)
- Heart attack
- Stroke
- Obesity
- Type II Diabetes
- Worsen heart failure
- Make irregular heartbeats more likely
- Having work-related or driving accidents

Thank you for choosing ***SleepRite Center*** to aid your sleeping needs. We have reserved a room and technician especially for you in our facility. So, if you are running late, unable to make it, PLEASE NOTIFY us asap so we can make other arrangements. ***We do require a 24 hour notice for cancellations.***



Welcome!

Your individual room contains queen size beds with clean linens, a portable oscillating fan, and a flat screen HDTV with digital cable. We also have one and a half baths which are location in convenient areas for patient use. Don't forget your overnight toiletry- toothbrush, toothpaste, etc.

We understand being away from home can be uneasy, but our staff strongly believes in making your study as pleasant as possible. Therefore, feel free to bring anything you may need to help you sleep- pillow, book, music, etc.

Please avoid the following for they tamper with study and/ or the equipment used:

- Caffeine, sugar & alcohol 4 hours prior to appointment
- Hair products
- Lotions
- Oils

What to expect on your first night study:

Upon arrival, you will check in and fill out paperwork- sleep questionnaire and emergency contacts. At that time you will also be asked for your method of payment, insurance card, photo ID, and a list of your current medications.

A sleep technician will apply electrodes, wiring and/or bands to the following:

- Head-monitor the stages of sleep
- Face-monitors EMG in chin and eye movements in REM
- Legs-monitor restless leg syndrome
- Chest (EKG setup)- monitor heart rate
- Abdomen-monitor respirations

Prior to this process please make sure you have satisfied your needs- restroom breaks, beverages, etc. Once set up, relax in bed and the study will begin shortly. If unable to sleep, then we ask for "lights out" at 11pm so we may have the required amount of hours needed for an appropriate study. At this time, please lower all electronics/ appliances, minimize traffic in/out of your room and be courteous to others considering they may already be asleep. Based on your study, the technician will try to schedule you for a second night or we will contact you once we have received the report from Dr. Narang.



Hello Again!

SleepRite Center has notified you to review your results, in which a second night study is highly recommended. Therefore, you have sleep apnea and now ask “What are the next steps?”

What to expect on your second night study (if needed):

Welcome back! You have been asked to return for a CPAP Titration because your first night displayed evidence of sleep apnea. This study will run the same as the first night study with the addition of a CPAP machine. You will be fitted for a CPAP mask which is to be connected to a CPAP unit.

Treatment:

SleepRite Center provides CPAP and Bi-level therapy with heated humidification.

PAP Therapy:

As you have been diagnosed with sleep apnea, your physician has prescribed a CPAP (Continuous Positive Airway Pressure) device or a BI-PAP (Bi-Level) Device. CPAP therapy will relieve the airway obstruction you experience by gently blowing air into your nose and/ or mouth. Bi-level therapy is designed to deliver two levels of pressure while sleeping- a lower pressure upon exhalation and a higher pressure upon inhalation. Such devices are administered for those unable to tolerate one constant pressure. It is required for you to comply with treatments every night to reach optimum therapy:

- Increased energy level and attentiveness during the day
- Reduction irritability
- Improved memory
- Less waking during the night
- Increased effectiveness at home or work
- Overall improved quality of life

Heated Humidification:

Humidifiers are designed to moisturize the air delivered to you from the machine. Heated humidifications do not heat the air but increases the moisture content of the air delivered. As a result, you will experience a reduction in certain side effect such as nasal congestion, upper airway tenderness and dry throat.

Please note: The reservoir attached to your device is the humidifier. It is to be filled to the maximum line with distilled water only. Distilled water prevents mineral deposit build-up.



CARING FOR YOUR EQUIPMENT

Device Settings:

SleepRite Center will preset your device settings per your physician's orders. Your doctor prescribes your therapy pressure depending on your CPAP/BI-PAP Titration results to ensure your airway will be open throughout your sleep.

SleepRite Center evolves with the new generation of equipment and new features to improve your therapy comfort. Our devices contain a ramp starting pressure which gives you're the opportunity to fall asleep on a low pressure. The purpose of a ramp pressure is to allow the airflow to gradually increase over a period of time until it reaches your prescribed level of pressure. However, if you have not fallen asleep and the maximum pressure has been met, feel free to restart your ramp time.

*Please note: The patient (you) CANNOT change his/her own device settings. If any discomfort arises please contact SleepRite Center.

Daily Care:

- Remove mask cushions/ nasal pillows from mask frame- wash with warm, soapy water; rinse and air dry.
- Detach tubing- wash with warm, soapy water; rinse and air dry.
- Detach & Empty humidifier water chamber- wash with warm, soapy water; rinse and air dry.

Weekly Care:

- Remove headgear from mask- wash with warm, soapy water: rinse & air dry.
*Headgear is machine washable but it is best to hand wash.
- Remove filter- wash with warm, soapy water; rinse and air dry.
- Wipe machine surfaces

Monthly Care:

- Replace Disposable filter.

Three Month Care:

- Renew supplies-if eligible
- Turn in compliance report
*Contact "SleepRite Center" for details.

Six Month Care:

- Renew supplies-if eligible
- Schedule Re-Titration

Please note:

ALWAYS use mild soap on all equipment, anything stronger (alcohol) will harm the products.

ALWAYS examine your equipment for damages and wear or tear.

ALWAYS contact SleepRite Center with any questions or concerns.

DO NOT use solutions with vinegar, bleach, chlorine, alcohol aromatics, or moisturizers to clean your equipment; it will cause deterioration.

DO NOT expose any of your equipment to direct sunlight as it will cause deterioration.

DO NOT place any of your equipment into the dishwasher.