

## What Happens if I am Referred to the Sleep Lab?

You will be contacted by a staff member and scheduled for an appointment. We will ask you several questions regarding your sleep problem when we call to schedule you. We try to schedule appointments according to your normal sleep times. A sleep study can be performed any day of the week, and we usually can accommodate patients who work various shifts. We will send you some pre-test questionnaires regarding your sleep schedules and habits. We ask that you bring the completed forms with you when you come in for your appointment. You will also be able to bring your own bed clothes and pillow to make your stay more comfortable.

A study usually requires an overnight stay at the hospital, but it is considered an outpatient procedure. You will want to check with your insurance provider regarding coverage information.

## What Will Happen Once I Arrive at the Sleep Lab?

Our trained sleep technologists will show you the equipment that will be used and give you a chance to ask questions. They will apply sensors to your head, face, chest, abdomen and legs to monitor your breathing, heart rate, and brain wave activity while you sleep.

You will sleep in a comfortable private room designed for a sleep study. The room has a regular full size bed with TV. The technician will monitor your sleep from a nearby room.

## What Can Be Done About My Sleep Disorder?

If a breathing problem is observed during your sleep study, the technologist may awaken you to try a device that treats breathing problems during sleep. This device, called a positive airway pressure (PAP) device, includes a mask that fits around your nose or your nose and mouth. Your sleep technologist will explain and answer questions about this treatment during your study.

Other sleep disorders may require a change in daily habits or sleep habits. Some conditions may require the use of medications. Most sleep disorders can be treated or managed effectively once they are accurately diagnosed.

## Where is the Sleep Disorders Lab?

We are located on the fourth floor of Beloit Memorial Hospital. If we can be of assistance, please call (608) 364-5481.



**BELOIT MEMORIAL  
HOSPITAL**

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# Sleep Disorders Lab

*Information for Patients with  
Sleep Related Disorders*



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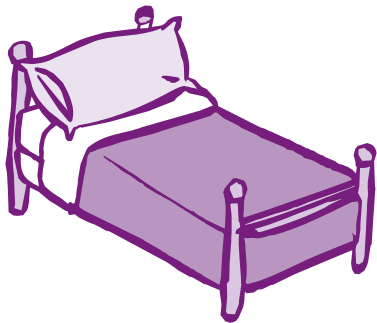
## What is Beloit Memorial Hospital's Sleep Disorders Lab?

Many people take a good night's sleep for granted, but there are millions of people of all ages who fail to get a good night's sleep.

The Sleep Disorders Lab assists physicians in the diagnosis and treatment of patients with sleep-related disorders. There are over 80 different disorders of sleep that can lead to difficulty in falling asleep, staying asleep, remaining awake, sleepwalking, nightmares or problems that interfere with sleep.

The Sleep Lab staff is specially trained in the field of sleep-related disorders and has the experience to provide the highest quality of patient care. Registered Sleep Technologists, along with a Pulmonary Medicine physician, are members of the staff.

In order to understand your sleep, and any problems you are experiencing with it, we need to look at various brain activities and body systems and their relationship throughout your sleep period. After your sleep study, a sleep specialist will review and interpret the test to help you and your physician understand your specific sleep patterns. Treatment recommendations will be made if evidence of a sleep disorder is found.



## What Kinds of Sleep Related Disorders Does the Lab Evaluate?

### Obstructive Sleep Apnea (OSA)

OSA occurs in all age groups and in both men and women. Bedpartners may have noticed long pauses in patient's breathing which may end with a sudden loud snore or choking gasp. Early recognition and treatment is important because of its association with irregular heartbeats, increased blood pressure, heart attacks and stroke. In fact, about one-half of OSA patients have high blood pressure.

### Insomnia

Some people have problems falling asleep or staying asleep during the night. They also feel their sleep has not refreshed them. This condition may have many different causes, including psychological factors such as depression or stress, environmental factors such as noise, or physiologic factors such as breathing disorders or pain.

### Restless Leg Syndrome (RLS)

### Periodic Leg Movement Disorder (PLMD)

Some people have uncontrollable leg sensations that occur continually while the body is at rest. PLMD is a basic cause of sleep deprivation for up to four million adults.

### Narcolepsy

This disorder often begins in young adulthood. People who have narcolepsy often complain of excessive daytime sleepiness. They also may suffer muscular weakness when experiencing anger, surprise, amusement, terrifying dreams or a feeling of paralysis when falling asleep or awakening.

## What Should I Do if I Think I have a Sleep Problem?

If you think you have a sleep related disorder, consult your physician. You will need a referral from your physician to make an appointment at the Sleep Lab.

## Use the Epworth Sleepiness Scale below to Measure Your Sleepiness.

- 0 = Would Never Doze
- 1 = Slight Chance of Dozing
- 2 = Moderate Chance of Dozing
- 3 = High Chance of Dozing

### How likely are you to fall asleep in the following situations?

- \_\_\_\_\_ Sitting and reading
- \_\_\_\_\_ Watching TV
- \_\_\_\_\_ Sitting, inactive in a public place like a theater or a work meeting
- \_\_\_\_\_ As a passenger in a car for an hour without a break
- \_\_\_\_\_ Laying down to rest in the afternoon when circumstances permit
- \_\_\_\_\_ Sitting and talking to someone
- \_\_\_\_\_ Sitting quietly after a lunch with alcohol
- \_\_\_\_\_ In a car, while stopped for a few minutes in traffic
- \_\_\_\_\_ TOTAL

*Please share this with your physician.*