

HOME SLEEP APNEA TESTING

Home sleep tests have become very popular and are used to test for sleep apnea in the patient's home. There are several types of devices used for home sleep apnea tests. These devices usually monitor snoring, changes in oxygen levels, breathing, heart rate and body movement and use these data to diagnose sleep apnea. Home sleep apnea tests tend to be more convenient, and less expensive compared to the in-lab polysomnogram.

ADULT POLYSOMNOGRAPHY

An adult Polysomnography (PSG) is a gold standard sleep test that uses: small electrodes on the head to monitor brain waves to determine sleep, eye movements, and chin activity; flexible Velcro belts are placed over the stomach and chest to monitor breathing; a small nasal cannula and thermal sensor will be placed by the nose to monitor airflow; electrodes will be placed on the legs to monitor limb movements and placed near the heart to record the heartbeat signal; a pulse oximeter will be placed on your finger to monitor heart rate and Oxygen level; a snore microphone will be placed on the neck to monitor any snores.

PEDIATRIC POLYSOMNOGRAPHY

An Pediatric Polysomnography (PSG) is a gold standard sleep test that uses: small electrodes on the head to monitor brain waves to determine sleep, eye movements, and chin activity; flexible Velcro belts are placed over the stomach and chest to monitor breathing; a small nasal cannula and thermal sensor will be placed by the nose to monitor airflow; electrodes will be placed on the legs to monitor limb movements and placed near the heart to record the heartbeat signal; a pulse oximeter will be placed on your finger to monitor heart rate and Oxygen level; a snore microphone will be placed on the neck to monitor any snores.

SPLIT POLYSOMNOGRAPHY

An Split Polysomnography (PSG) is a gold standard sleep test that uses: small electrodes on the head to monitor brain waves to determine sleep, eye movements, and chin activity; flexible Velcro belts are placed over the stomach and chest to monitor breathing; a small nasal cannula and thermal sensor will be placed by the nose to monitor airflow; electrodes will be placed on the legs to monitor limb movements and placed near the heart to record the heartbeat signal; a pulse oximeter will be placed on your finger to monitor heart rate and Oxygen level; a snore microphone will be placed on the neck to monitor any snores. This Study Type is unique in that it monitors the patient in the first half of the night (Baseline) and then allows for the initiation of Positive Airway Pressure (PAP) to be initiated and Titrated in the second half of the night to treat Sleep Apnea. Most sleep testing is ordered as a Split Night Polysomnography.

TITRATION POLYSOMNOGRAPHY

A titration polysomnography (PSG) is the gold standard study performed to determine the necessary Positive Airway Pressure (PAP) required to alleviate apnea and/or snoring. This study monitors the same body functions as the Adult/Pediatric PSG while the patient is using Positive Airway Pressure (PAP) Therapy all night during testing. This test is ordered once a patient has already qualified for PAP therapy

and needs additional time to obtain an optimal Titration or has a re-occurrence of symptoms and needs adjustments made to the PAP therapy levels during monitored sleep.

MULTIPLE SLEEP LATENCY TESTING

Multiple Sleep Latency Testing (MSLT) is the gold standard daytime nap study that measures the ability of a person to fall asleep. This study must be performed in conjunction with a PSG/Titration Study the night before. This test is used to assess how quickly a person is able to fall asleep during periods during the day after a typical night of sleep. A typical MSLT consists of 5 Nap opportunities spaced 2 hours apart and requires a full day to complete. Evaluation for Narcolepsy and Hypersomnia's are reasons this test may be ordered.

MAINTENANCE OF WAKEFULNESS TESTING

The Maintenance of Wakefulness Test (MWT) is the gold standard test used to measure the ability of a person to stay awake. The Patient is hooked up with electrodes like the Adult Polysomnogram to determine how awake the person remains during each trial period. The typical MWT requires a patient to stay awake during four 40-minute trials while seated in a bed with the back and head supported by a bolster pillow for comfort. During testing, the room is dark and quiet except for a 7.5-W nightlight used as a light source and patients are instructed to avoid extreme behaviors to stay awake. This test is typically ordered on Pilots, Drivers, or any patient treated for a Sleep Disorder needing to document they can remain awake even during the toughest circumstances. This test is used to monitor a patient's oxygen levels and heart rate at night. This test may be ordered to assess current oxygen use in the home or to evaluate the need for oxygen at night.