

Going for a sleep study

What is a sleep study?

Your doctor is sending you for a sleep study. A sleep study involves spending one night at a sleep disorder clinic. While you are sleeping, your breathing, snoring, heartbeat, oxygen level, brain waves, and body movements are recorded.

The doctor wants to know if you have Obstructive Sleep Apnea, or OSA.

What is Obstructive Sleep Apnea, or OSA?

Apnea means there is a brief pause in breathing.

OSA is a condition that occurs when air passages become smaller as the muscles relax during sleep.

During sleep the throat closes preventing little or no air movement in or out of the lungs. When this happens, the level of oxygen in the blood drops causing you to wake up with a gasp.

What if I have OSA?

If the sleep study finds that you have OSA, you may need to use a CPAP device. CPAP means **C**ontinuous **P**ositive **A**irway **P**ressure. CPAP is a mask that is placed over the nose and/or mouth. A long tube from the mask is connected to a small machine. The machine pumps air pressure into the airway passages – this helps to stop snoring by keeping the airway open. CPAP is worn while sleeping.

What if I need to use CPAP?

If you have OSA and need CPAP it could affect your surgery date. With surgery the anesthetic and pain medicine needed can slow down your breathing. It will be very important to wear your CPAP during recovery. **You will need to bring your CPAP device to the hospital on the day of your surgery. It needs to be clean and in working order.**

After your surgery, continue to use your CPAP each night. It is important that you stick with it. If using CPAP causes you discomfort or you have other questions about CPAP, please talk with your family doctor.

Who is at risk of developing OSA?

- more common in men
- more common after the age of 40
- more common with women after menopause
- more common with weight gain
- alcohol, sleeping pills and some drugs may make snoring and apnea worse

What to look for?

- loud, irregular snoring
- snoring that can be heard from another room
- periods of silence that end with a loud breath, gasp or grunt
- sudden waking with a feeling of choking, drowning or being startled

Can OSA be treated?

Yes, there are various ways to treat or prevent OSA:

- use CPAP
- lose weight
- change your sleep position
- dental mouth guard
- surgery

With OSA, you may feel tired all the time. If OSA is not treated, there is an increased risk of:

- heart problems
- stroke
- high blood pressure
- motor vehicle and industrial accidents
- poor quality of life
- sudden death