



Patient Information for Sleep Studies

You have been scheduled for a sleep study test at our center. You should arrive at the sleep center at the time given to you during your appointment. Also please make sure that you are scheduled for a follow-up visit to review and discuss your test findings with one of our sleep expert physician. Here is a simple explanation of type of test normally scheduled and done at our facility:

Routine Polysomnography (PSG): This study records several body functions during sleep including breathing, body movements, brain activity, and eye movements.

Continuous Positive Airway Pressure (CPAP) Titration: This test is done to see how well you sleep while using a CPAP device with an appropriate mask, a treatment for obstructive sleep apnea. As you sleep, CPAP delivers air to you through a mask placed over your mouth and nose or both. The air that flows into your lungs under slight pressure prevents the airways from narrowing or closing, allowing you to breathe normally and sleep well.

Split Night Study: This study is a combination of the first and second studies listed above. In a split night study, first part of your sleep test is without any device and second part is with the CPAP/BIPAP machine with a mask for the rest of the night.

Multiple Sleep Latency Test (MSLT): This study is done to see how sleepy you are during the day. The MSLT is used most often to diagnose narcolepsy. This test is most useful to find causes of excessive sleepiness during the daytime.

Maintenance of Wakefulness Test (MWT): This study is done to see how well you can remain awake when you are in a situation that makes it easy to get sleepy.

PAP-NAP (CPAP Acclimatization): This test is a test where team of our sleep board certified physician, sleep psychologist and registered technician work together to help a patient to use their CPAP/Bi-PAP device on daily who are unable to use them for any reasons. This test is about 1 to 3 hours long in duration.

Cancellation Policy: If for any reason you need to cancel your study, please call us at least 48 hours in advance. This will help us schedule patients from our waiting list. Otherwise you will be billed directly and charged a \$200 fee for a late cancellation or no show. This is NOT covered by your insurance.

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2447 Whitney Avenue, Hamden, CT 06518
14 Business Park Road, Branford, CT 06405
174 Cherry Street, Milford, CT 06460
Norwalk Location Coming Soon!

T: 203-288-8300 F: 203-288-5954
T: 203-643-0620 F: 203-643-0623
T: 203-301-4349 F: 203-301-4352

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