Why do I need a sleep study?

For bariatric surgery patients you may need a sleep study if:

1. Your bed partner has seen you stop breathing (witnessed apneas). They may say you are making loud snorting noises. These often follow a period where you stop breathing.
2. You snore nightly and have high blood pressure, diabetes, heart disease, or have had a stroke.
3. You snore nightly and feel excessively tired during the day.
4. If your BMI is over 50.
5. If your feet or legs swell.
6. If your doctor thinks you need to be tested.

We want to take every precaution to ensure your safety when undergoing Bariatric Surgery and this includes checking for sleep apnea.

What is a sleep study?

A sleep study is a test where specially trained sleep lab technicians watch and monitor patients while they sleep. This is done in a specialized sleep lab.

You will be required to see the doctor for a consult prior to having your sleep study. After meeting with the sleep study doctor you will be scheduled for an overnight sleep study test. After that study is complete the doctor will study the test results and make recommendations for treatment if required. Another appointment will be made to discuss your test results with the doctor. Is a titration appointment needed also???

A second overnight study may be necessary if you were not able to sleep for the required amount of time necessary to do the test.

When you arrive at the Sleep Lab, you will be greeted by the sleep technologist and the procedures for the night will be explained. In brief, electrodes (thin wires) will be attached to the surface of your skin with tape and/or a small amount of glue/paste. This allows us to monitor various body activities during the night. There is no pain involved with this procedure and virtually everyone is able to sleep comfortably.
You will be in a private room which has been designed to resemble a bedroom and you will be under continuous observation by video camera during the study. No audio/visual recordings will be made without your prior consent.

Please notify the technologist upon your arrival if you must be woken by a specific time in the morning. If there is no specific doctor's request, all patients will be awakened no later than 7:00 am.

Read the following points and follow them as closely as possible:

**ALCOHOL:** Do not consume any alcohol within 48 hours of your overnight study.

**CAFFEINE:** Do not consume any caffeinated beverages or foods after 3:00 pm on the day of your study. (This includes coffee, energy drinks, decaffeinated coffee, teas, colas, chocolate products.) Some cold/pain medications contain caffeine please read the ingredient of any over the counter medications that you maybe taking. If unsure call your pharmacists to be sure.

**ILLNESS:** If your health changes or you develop a cold, flu, or other health problems just prior to your study please call the sleep lab.

**POSSESSIONS:** Do not bring large sums of money or unnecessary jewelry with you to the clinic.

**WHAT TO BRING:** Please bring a comfortable robe, slippers and night attire, as well as your own personal hygiene items to the clinic. You can also bring your own pillow, etc. to make yourself more comfortable.

**CLEAN HAIR:** It is recommended that you wash your hair on the day of your sleep study. There is a shower in our facilities if necessary. (However, please bring a hair dryer as your hair must be dry for the electrodes to be applied.)

**MEDICATIONS:** Bring all medications with your and take according to your normal schedule unless otherwise indicated by your doctor. **THE CLINIC DOES NOT PROVIDE ANY MEDICATION.**

**NAPS:** Do not nap during the day on the day you are to come in for your sleep study.