

Sleep Study

A sleep study checks for sleeping problems. It is a 6-8 hour recording of your brain activity, heart rate, leg movements, oxygen levels and breathing while you sleep. The test is scheduled in the evening and you stay overnight.

Common Sleep Disorders

- A hard time sleeping
- Sleep apnea where you stop breathing at times during sleep
- Snoring
- Daytime sleepiness
- Awakening with screaming, confusion or panic

If your study shows that you have a sleep disorder, you may be scheduled to come back for a second night to find the best treatment for you.

The Day of Your Study

- Wash your hair and be sure it is dry before you come for your study. Do not use any oils, sprays, gels, mousse or lotions on your clean hair.
- Do not take any naps.
- Avoid caffeine and caffeine-free cola, coffee or tea.
- Take all of your medicines on your usual schedule unless otherwise told by your doctor. Bring any medicines with you that you need to take during your time in the sleep lab.
- Eat your normal diet. If you need a snack at bedtime or when you wake in the morning, bring the snacks with you.
- You may also want to bring:
 - Something comfortable to sleep in
 - Toiletry items
 - A change of clothing
 - Anything else you feel you need for an overnight stay, such as a book, magazines, or tape or CD player

睡眠测试

睡眠测试检查睡眠问题。这是在你睡觉时对你的脑活动、心率、腿部动作，氧水平和呼吸作一次 6-8 小时的记录。测试定于晚间进行，你需留宿一夜。

常见睡眠病

- 很难入睡
- 睡眠呼吸暂停，即睡眠中停止呼吸
- 打鼾
- 白天困乏
- 带着惊叫、迷惑或恐慌醒来

如果你的测试显示你有睡眠病，你可能要预定再来一个晚上，以为你找到最好的治疗方法。

测试当天

- 请清洗毛发并一定在测试前使其干爽。不要在你的干净毛发上使用任何油液、喷雾剂、凝胶剂、泡沫剂或保护液。
- 不要有任何小睡。
- 免饮咖啡因和不含咖啡因的可乐、咖啡或茶。
- 如常服用你的全部药物，另有医嘱则除外。在做睡眠实验室测试时请带上任何你需服用的药物。
- 吃正常饮食。如果你在就寝时或早晨醒来时需食小吃，请带上小吃。
- 你也可带上：
 - 可睡得舒服一点的物品
 - 梳洗用品
 - 一套可换的衣服
 - 任何其他你觉得过夜会需要的东西，如一本书、杂志或录音带或唱碟机

During Your Study

You will sleep in a room that has monitoring equipment. The staff will watch you from another room and be able to talk to you through a speaker.

Small patches called electrodes are placed on your scalp, chest and legs. Other equipment may include:

- A pulse oximeter clipped to your finger to check your oxygen levels
- An elastic band placed around your chest and stomach to check your breathing
- An airflow sensor taped under your nose to check air movement

Try to sleep like you do at home. You will have little or no discomfort during the sleep study.

After Your Study

The equipment will be removed and the electrodes will be taken off your skin. There may be some paste left in your hair. Wash and comb your hair with a fine tooth comb to remove it.

Results of your study will be sent to your family doctor. Your doctor will share the results with you.

Talk to the staff if you have any questions or concerns.

测试时

你将在一个有监测设备的房间中睡觉。医务人员将从另一个房间注视你并可通过一个扬声器和你说话。

称为电极的小垫片会置于你的头皮、胸部和腿部。其他设备可能包括：

- 血氧饱和度测试仪将夹住你的手指以测试你的氧气水平
- 一条橡皮带将围在你的胸部和腹部以测试你的呼吸
- 一个气流感应器将粘在你的鼻下以测试气息流动

请试着象在家里睡觉一样。你在睡眠测试时只会有一点点或根本没有什么不舒服。

测试之后

设备将移除，电极会从你的皮肤上取下。你的头发里可能会留下一些粘物。请清洗并用精齿梳将它梳除。

测试结果将送交你的家庭医生。你的医生将告知你结果。

若有任何疑问或关注事宜，请告知医务人员。