

Sleep Study

A sleep study checks for sleeping problems. It is a 6 to 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
- Awaking 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.

睡眠検査

睡眠検査では、睡眠障害について調べます。睡眠中の脳の活動、心拍、足の動き、酸素レベルおよび呼吸を 6～8 時間にわたって記録します。検査は夜に行います。一泊の入院が必要です。

一般的な睡眠障害

- 入眠に難あり
- 睡眠中にときどき呼吸が止まる無呼吸症候群
- いびき
- 日中の眠気
- 絶叫、混乱、パニックとともに目覚める

検査で睡眠障害が認められた場合は、一泊入院の予約をとって最適な治療法を探します。

検査当日

- 検査に来る前に洗髪をし、髪を十分に乾かしておきます。洗髪後にオイル、スプレー、ジェル、ローションなどは付けないでください。
- 昼寝をしないでください。
- カフェイン類、カフェイン抜きのコーラ、コーヒー、紅茶などは避けてください。
- 医師による指示がない限り、普段通りに薬を服用してください。睡眠研究所にいる間に服用する必要がある薬はすべて持ってきてください。

- 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 music

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.

- 通常通りの食事をします。就寝前や起床後に軽食が必要な場合は、持参してください。
- 以下のものも持ってくることができます。
 - ▶ 心地よく眠るために必要なもの
 - ▶ 化粧品類
 - ▶ 着替えの衣類
 - ▶ 一泊入院に必要と思われる本、雑誌、テープや音楽プレイヤーなど

検査中

モニタ装置のある部屋で眠ります。職員が別の部屋から様子を見ています。スピーカーを通して話すこともできます。

電極と呼ばれる小さなパッチを頭皮、胸、および足に付けます。装置には他に以下のようなものがあります。

- クリップを指先に付けて酸素レベルをチェックするパルス酸素濃度計
- 呼吸をチェックするために胸部と腹部に付ける伸縮性のあるバンド
- 鼻の下にテープで固定して空位の動きをチェックする気流センサー

自宅と同じように眠るようつとめてください。睡眠検査中に不快なことはほとんど起こりません。

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.

検査後

装置を取り外し、電極を皮膚から外します。ペーストの一部が髪の毛に付着している場合もあります。洗髪し、目の細かいくしで髪をすいて取ってください。

検査結果は主治医に渡され、主治医から結果の説明を受けます。

質問や不明な事項については職員にご相談ください。

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Sleep Study. Japanese.