

Your sleep study

CPAP



Your test is scheduled for _____ (night), _____ (date) at _____ (time).
We want to make your sleep study as pleasant as possible. If you have questions, call (217) 355-1684.

Why do I need this test?

You have been diagnosed with a sleep-related breathing problem called Obstructive Sleep Apnea (OSA). When you fall asleep, your muscles relax and soft tissue in the back of your throat blocks your airway. This blockage interferes with your breathing, causing a kind of suffocation. Your body must repeatedly wake to a lighter level of sleep so that the throat muscles can tighten enough to re-open your airway.

Because of the repeated sleep disruptions, your body does not get enough good, solid sleep. This may result in excessive daytime sleepiness. Untreated sleep apnea can be serious. It is linked to heart attacks and strokes, and a quadrupled risk of serious car accidents. It also can have a significant impact on your energy level, mood, mental function, and overall quality of life.

What is CPAP?

CPAP (“see-pap”) stands for Continuous Positive Airway Pressure. It is the most commonly recommended treatment for sleep apnea. CPAP uses room air to splint your airway open to prevent it from collapsing. Most CPAP masks fit over your nose, although there are many different types of masks.

During the test, the airflow may feel different at different times. We usually start the test on the lowest possible setting. If you snore or struggle to breathe, your tech would increase the airflow. Different people need different settings. The sleep lab doctor will decide which settings you should use at home.

What else should I know about the test?

Our sensors help us compare how you sleep with CPAP, to how you slept without it. The sensors collect information on your brainwaves, eye movements, heartbeat, muscle activity, snoring sounds, airflow, effort to breathe, and oxygen level. If you had a diagnostic test recently, you can expect the sensors to be almost exactly the same as before.

As before, you should continue your normal **medications** (unless the doctor gave different instructions) and avoid caffeine, makeup, and lotions on the evening of the test.

Unusual nasal **congestion** may be a problem, since we adjust the CPAP settings based on your breathing patterns. Call the lab if you are uncertain. If you have a cold and need to cancel, please give us more than 24 hours’ notice. *(You may be charged a \$50 fee if you no-show or cancel on shorter notice.)*

What should I bring with me?

- The name of the durable medical equipment (DME) company you’d like to use. The sleep lab does not supply CPAP machines; you rent or buy them from a **DME company**. You cannot get a machine at home, until we send your prescription to a DME company. We can provide a list of some local companies, if you like. Your insurance company may prefer a certain company.
- Loose-fitting two-piece nightclothes (avoid silky fabrics; baggy t-shirt and knit shorts are fine.)
- Any medications you may need during your stay (none will be supplied by our staff.)
- Toiletry items such as shampoo, toothpaste, toothbrush, hair dryer, etc.
- Current insurance card(s), sleep diary, and questionnaire **IF** you did not already provide this information at a recent diagnostic test.
- Comfort items such as a favorite book, special pillow, etc.

Can I bring my cell phone?

You may use your cell phone until “Lights Out”. After that, it must be turned off.

Is smoking permitted?

As a health facility providing respiratory treatments, we cannot permit smoking inside our facility. Customers may smoke in the parking area.

When can I go home?

Most patients leave the lab between 6 and 7am, the morning after their test. However, there are some exceptions to this rule. For example, sometimes the test needs to run a little longer than usual, so that the doctor has enough information to make a decision about your machine settings.

If you need to leave the lab at a certain time, please inform the tech. (Be aware that most insurance companies require us to collect at least 6 hours of data after “Lights Out”, whether you sleep or not, in order to pay for the test.) Because your sleep may be shorter or more disrupted than usual, you may wish to arrange for a ride in the morning. You should not drive if you are drowsy, as this can be dangerous.

Will my insurance cover the test and the machine?

Sleep studies and CPAP machines are covered by most medical plans. If your diagnostic test was covered, it is likely that your treatment test and machine would be covered as well. The percentage of coverage would depend on your specific plan. Contact your insurance company or Christie Customer Service at 217-366-1382 if you have questions. If you have a co-payment or prepayment due, please arrange to pay Christie Clinic Association prior to the test. We do not collect money at the sleep lab.

How do I get there?

We are located at 1207 South Mattis Avenue in Champaign, which is between John and Kirby, on the west side of the street. Call us if you need a map or more detailed directions. The building (which we share with other businesses) is called Centennial Plaza. Look for the signpost near the street on Mattis. The front entrance of the building (sliding glass door) faces south. Ring our doorbell to enter at night.

What happens next?

Because we collect so many kinds of data, and for such a long time, sleep studies often require more processing time than other medical tests. A sleep tech scores the test, and then one or more sleep doctors read and interpret it. We will send you your test results as soon as possible, usually within two weeks.

We will also send your results to the DME company you selected. The company should then call you to set up an appointment for you to get your CPAP machine. They can answer questions you may have about the CPAP machine, for example:

- How to use and clean it,
- How much it will cost,
- What to do when you travel or camp, and
- What to do if you have problems such as air leakage or mask discomfort.

How long will I need to use CPAP?

Sleep apnea is usually a lifelong condition. It is important to use CPAP every time you sleep, including naps. If you are going to have surgery, tell your surgeon and anesthesiologist that you have sleep apnea.

Sometimes as your body changes with age, your CPAP settings may need to be adjusted. Check with your doctor if your symptoms return, or if you develop new symptoms such as nasal congestion.

Questions? Give us a call at 217-355-1684.