

What you Need to Know

Checking In:

You will need to park your vehicle in the circle located at the main entrance. You will not be able to come in the main entrance after 8:00 P.M.

After 8:00 P.M. enter at the Emergency Services Entrance. Upon arrival let the Registration Clerk at the desk know you are here for a sleep study. The sleep study technician will come and get you.

Checking Out:

Once you have completed your testing, you may exit through the main lobby to your vehicle.

If you have any questions prior to your exam, please call

(717) 987-0095

Your check in time for your sleep study is:

_____ P.M.

On _____ at the
Fulton County Medical Center Sleep
- Breathing Disorder Center.



Physicians

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For healthcare close to home.

YOUR COMMUNITY-BASED MEDICAL CENTER



The Sleep - Breathing Disorder Center

www.fcmcpa.org • 717-987-0095



*For Health Care
Close to Home*

Types of Sleep Complaints

Sleep Disordered Breathing

The most common form of sleep disordered breathing is Obstructive Sleep Apnea Syndrome, or OSA. Sleep apnea is a condition where a patient will stop breathing repeatedly during periods of sleep, resulting in fragmented unrefreshing sleep. Sleep apnea is usually associated with loud snoring or “snorting”. Jerking of arms and legs may be noticed by a bed partner and the patient may awaken short of breath or with heart pounding. Patients with sleep apnea are often unaware of their problem and have frequent arousals/awakenings caused by the pauses in breathing. Untreated sleep apnea usually results in excessive daytime sleepiness and may contribute to high blood pressure, cardiac problems, depression and sexual dysfunction.

In addition to obstructive sleep apnea, sleep disordered breathing may also be related to central or mixed apneas upper respiratory resistance syndrome, or asthma related sleep breathing problems.

EDS

Excessive Daytime Somnolence

Many patients who are referred to a sleep facility complain of feeling too sleepy or fatigued to function properly during the day. This complaint is very common in patients with sleep disordered breathing, but may also be a result or symptom of other sleep related problems. A sleep study is useful to

determine whether sleep apnea is the cause of the clinical complaints or if there are other possible factors.



Evaluation Procedure

The first step in evaluating a possible sleep related problem is an examination by your physician. If your physician feels it is necessary, you may be referred to the Sleep-Breathing Disorders Center. You will be scheduled for an office appointment where your symptoms will be reviewed by a specialist, and if indicated you will be scheduled for a sleep study.

Types of Sleep Studies

Polysomnogram

A Polysomnogram or overnight sleep study is a test designed to evaluate your physical state during periods of sleep. Each study lasts approximately nine hours including the time to hook up the patient. Patients generally arrive at the center about two hours before their bedtime to be prepared for the study. Various sensors and electrodes are attached to the patient to measure brain waves, eye movement, muscle tension, respiration, heart rate, and oxygen saturation. Occasionally other parameters may also be monitored.

CPAP

Continuous Positive Airway Pressure

If the initial Polysomnogram documents significant sleep disordered breathing, a second study is usually requested to evaluate the patient’s response to treatment with CPAP. This is a method of delivering the necessary pressure through a nasal mask to maintain an open airway during sleep. CPAP is noninvasive and has a high success rate in treating obstructive sleep apnea, restoring normal sleep, and eliminating daytime fatigue and sleepiness.

Occasionally patients who do not respond to conventional CPAP may be tested on Bi-level Positive Airway Pressure (Bi-level Therapy). This is essentially the same process as CPAP but delivers different pressures to the patient during inspiration and expiration. Bi-level Therapy has been shown to be effective in patients requiring high therapeutic levels of pressure.

MSLT

Multiple Sleep Latency Test

In some cases the physician may request a daytime “nap” study or multiple sleep latency testing. This test consist of four to five short naps throughout the day at two-hour intervals. Patients having this test generally remain in the lab after rising from an overnight polysomnogram. An MSLT is a test designed to measure the severity of daytime sleepiness and in some cases may be able to help determine the cause of the complaint.