

Preparing for an In-Lab Sleep Study

If your doctor has recommended an in-lab sleep study for you, chances are you've probably already had a few sleepless nights. This patient primer will go over the basics about what to expect so you can rest easier.

What is a Polysomnogram?

The technical name for an in-lab sleep study is a polysomnogram, often referred to as a PSG. Conducted overnight in a specialized sleep lab, a PSG is a noninvasive test designed to diagnose a variety of sleep disorders, including sleep apnea, restless legs syndrome, insomnia, and other conditions that affect your sleep quality and overall health.

During the study, sensors are placed on your body to monitor sleep patterns, body movements, and physiological changes while you sleep, including:

- Brain activity (EEG)
- Eye movements (EOG)
- Muscle activity (EMG)
- Heart rate and rhythm (ECG)
- Breathing patterns and oxygen levels
- Leg and arm movements

This data helps sleep specialists diagnose and treat sleep disorders effectively.

What to Expect During the Study

Your doctor or the sleep center will provide specific instructions about what you



need to do to prepare for your sleep study (e.g. wash your hair, and avoid naps, heavy meals, and caffeine later in the day). Review these carefully.

You'll pack like you are going away for a typical overnight—so be sure to bring comfortable sleepwear, toiletries, a book or something to help you wind down, and any personal items like a pillow or blanket that might make you feel a little more at home in the lab. If you use a CPAP machine or any other medical equipment for sleep, bring that with you.

When you arrive, a technician will show you to your room, which is typically private and resembles a small hotel room with a comfortable bed and basic amenities. The technician will attach sensors to your body using adhesive patches or elastic bands. And while the setup may feel a bit unusual, it's painless and noninvasive.

You'll be encouraged to follow your

usual bedtime routine as much as possible. Wondering how you'll sleep? While the wires and sensors may feel slightly uncomfortable at first, most people adjust quickly and sleep enough for the study to gather useful data.

If you need to use the bathroom, just let the technician know, and they will temporarily disconnect the wires. If the PSG system is fully tether-free, you will be able to move freely without assistance or disconnection during the sleep study. Either way, the sleep technician will monitor your sleep from another room, where they're able to see the data collected by the sensors in real-time.

What Happens Next?

In the morning, the technician will remove the sensors, and you'll be free to go. Next, a sleep specialist will analyze the data and share the results with your doctor—this process can take several days to a week. Your doctor will discuss the findings with you and any potential treatment options, if necessary.

Sleep disorders can significantly affect your physical and mental health, contributing to fatigue, mood disturbances, and chronic conditions such as heart disease and diabetes. By taking this test, you're taking an important step toward better sleep and better health. ■

Notes



This patient primer is sponsored by Nox Medical, a leading manufacturer in providing industry standard solutions for sleep monitoring and diagnostics. For more information, visit www.noxmedical.com.