

Sleep Study is a test to elaborate on the sleep problem one which cannot be explained by the patient and very often are hidden.

They bring forth the actual diseases at night which may help control and significantly alter diseases in awake state hypertension/ stroke/ high blood pressure/ COPD/ heart diseases. Dr. Vishal Specialises with sleep disorders very prevalent in the urban population of Navi Mumbai/ Daily evaluation diagnosis treatment available at the CHEST CARE CLINIC KHARGHAR.

**BREATHE FIT LIVE FIT**



**CHEST CARE CLINIC,  
KHARGHAR**

Dr. VISHAL GUPTA- CHEST SPECIALIST  
Dr. DEEPIKA UGHADE GUPTA- CHEST  
SPECIALIST

**TIMINGS: 10AM TO 1PM AND 5PM TO 10PM**

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## What is SLEEP STUDY/ Polysomnography?



This leaflet is intended for information and education of the patient and the attendants not for commercial and distribution purposes.

Sleep study or polysomnography is a test to evaluate the details of the sleep state of the individuals. It helps evaluate changes in the unconscious mind and body that are recorded for doctor's review. It has been advised to answer specific questions that the doctor wishes to understand in detail before starting on relevant treatment. Dr. Vishal Specialises with the sleep studies and will decide the appropriate course of action following the test results at the CHEST CARE CLINIC KHARGHAR.

You may have problems as to why are you not able to sleep well? Why do you feel tired after sleeping in the morning? There may be dullness or weakness or breathlessness during the day. These are frequently encountered in the urbanised lifestyle in the OPD with Dr. Vishal and Dr. Deepika. The sleep study helps answer those questions. It shows precisely what happens during the sleep. This will help your doctor detect the cause of your sleep problem and how to help you better. Sleeping better will help you think clearly better, memory loss, tiredness and breathing difficulty due to sleep deficiency. It will be of great benefit to the health overall.

This brochure targets to answer some of the questions related to what are you to expect before the test during the test to your mind at ease and avoid anxiousness.

### **Why do i need a sleep study?**

Sleep is a complex process that involves many brain segments. There are many stages in sleep which should be recognised including drowsiness, light sleep, deep sleep and dream sleep. An overnight sleep study also called as the polysomnogram is a good way to sample the sleep and evaluate the details. It measures the brain waves, heart beat and breathing pattern. It also records the movement of your eyes and legs.

### **What do i have to do on the day of sleep study?**

You will be asked to come to the sleep centre in the evening for PSG testing. In case you work in the night shift duties, it will be done during regular sleep times in the days also. In case you are on medicines before bed time, the same must be taken before the sleep study is done. In case you are already on the Cpap / Bipap non-invasive ventilation at home then the doctor will advise you to carry your own machine for the testing to evaluate improvement or needs for change in the machine usage.

Electrodes will be applied on the head and on the chin, on the forehead. These will help monitor muscle movements along with changes in brain activity. Small plastic tube put on nose will help calculate the changes in flow of air. Electrodes will be put along the chest for the evaluation of heart beats and the chest movements. Abdominal belt will evaluate the movement of stomach. There will be electrodes applied to the legs to check for leg movements. The experience doesn't discomfort the patient, doesn't interfere with sleep. Most people find it as a fascinating experience if they are not too anxious.

### **What is evaluated in the sleep study?**

The details evaluated including the brain wave activities, eye movements, jaw movements, chest movement, heartbeat, oxygen status, leg movements and abdominal movements will be correlated to evaluate the sleep quality and the cause of the sleep disturbances. The treatment for the sleep disorders will rely strongly on the correct diagnosis of the condition.

### **Why do i need laboratory sleep study?**

Laboratory sleep studies are better than the home PSG's because of round the clock available technician. There is also need for the intermittent oxygen or the change to the Non-invasive ventilation based on the real-time changes in the sleep study of the patient. The patient may have to be awoken to start with the same.

### **Do i need to be admitted to the hospital for the sleep study?**

In cases with multiple comorbidities or the possibilities for life threatening arrhythmias, the patient will be asked to get the sleep study done in the hospitals surroundings. The patient is not routinely admitted in the sleep study. A consent form stating the same will be signed by the patient prior to the study. All relevant discussions should be made with the doctor in prior.

Dr. Vishal and Dr. Deepika are freely available at the CHEST CARE CLINIC, KHARGHAR to patiently listen to the questions and answer in detail regarding the Sleep related problems.