



PATIENT
EDUCATION



Sleep Study

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AMERICAN UNIVERSITY of BEIRUT MEDICAL CENTER

المركز الطبي في الجامعة الأميركية في بيروت

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What is a sleep study?

A sleep study is a test done while you are sleeping to record the brain's electrical activity, oxygen level, heart and breathing rates, as well as eye and leg movements. A specialized technician will apply electrodes on your body to monitor the recordings that are displayed on a special digital machine.

Why would I need a sleep study?

Your doctor might recommend doing a sleep study to diagnose sleep disorders such as:

- Insomnia (poor sleep or difficulty in sleeping)
- Obstructive sleep apnea (cessation of breathing during sleep)
- Narcolepsy (excessive daytime sleepiness)

How do I prepare for a sleep study?

- Make sure to take an appointment for the sleep study and finalize your financial paperwork before the scheduled test time.
- On the day of the sleep study, avoid taking naps.
- Avoid eating or drinking products that contain caffeine (such as coffee, tea, soft drinks, and chocolate) at least eight hours before the test.
- Make sure to have your regular evening meal before coming to the Medical Center.
- Avoid using any body or hair care product such as spray, gel, oil, cream, etc. Your body and hair should be clean.
- Inform your doctor about the medications you are taking and make sure to bring them with you. You will take them at their regular timing (unless contraindicated by your doctor). The technician will not give you any medications or sedation during the test.
- Bring comfortable sleeping clothes.
- Be at the Medical Center at 10:30 pm. Upon your arrival, you will have to finalize the admission paper in the admission office in the Emergency Department.

What happens during a sleep study?

- The sleep study is performed at the Sleep Disorder Center, located on the sixth floor of the main Medical Center building.
- The technician will apply electrodes on your head, chin, chest, and legs. He/she will also place a snoring microphone, respiration belts, and sensors that detect your vital signs.



- Then, you will get in bed to try to sleep for six to seven hours.
- The technician will stay nearby but in a separate room to monitor the recording and check on you.
- During the test, and in case the recording shows that you have obstructive sleep apnea, the technician will awaken you and apply a continuous positive airway pressure (CPAP) machine (that delivers continuous and constant air pressure). The use of CPAP will help determine the optimal pressure you need to treat your condition.
- When the test is done, around 6:00 in the morning, the technician will disconnect the electrodes.



What happens after the sleep study?

- After the sleep study, you can go home and resume your daily activities as usual.
- You can receive the official report from the Sleep Disorder Center within four working days.

For any questions or concerns, please visit the Sleep Disorder Center or contact us on 01 - 350000 ext. 5541 or 6903. We are available Monday through Friday from 8:00 am till 5:00 pm. We are here to answer all your questions.

This educational material provides general information only. It does not constitute medical advice. Consult your health care provider to determine whether the information applies to you.

