

Sleep Management Services, Inc.
Corporate Office
9305 Treasure Hill
Little Rock, AR 72227



1.501.224.5200 fax 501.224.5208
1.877.989.9919

INFORMATION FOR YOUR SLEEP STUDY

You are scheduled for a CPAP Titration study. We want this experience to be a good one, so there are a few things we can help with beforehand in order to prepare you for your sleep testing and assure you have the best night's sleep possible away from home.

The following information tells you about the test and gives you instructions and a checklist of items to bring to the sleep lab on the night of the study. If you have any questions please call us at the office or ask your technician on the night of the study. They are there to care for you, even if it is to get you another blanket, a drink of water, or adjust wires for your comfort. WE WANT THIS TO BE AS PLEASANT OF AN EXPERIENCE AS POSSIBLE.

Now, on to what a CPAP titration is. CPAP stands for Continuous Positive Airway Pressure. It is a mask that you wear over your nose and it blows air into your airway so you don't have those period of times when you stop breathing or have the shallow breathing (the apneas and hypopneas that were identified during your first night of testing). Therefore, your blood oxygen levels stay within the normal range, your heart does not have to work as hard, and you can get into the deep stages of sleep that your body needs to feel good. This second nights testing is the therapeutic portion to determine the appropriate pressure for the machine you will have at home. The set-up will be the same as your last testing; the only difference is that we will add the CPAP machine.

Again, the hook-up time usually takes about 40 minutes. You can watch TV, read, or discuss the testing process with your technician during this time. Again, the study will be scored, and the results will be sent to your physician in 7-10 days.

All of this monitoring equipment is plugged in to a small box that will allow you to get up during the night to use the restroom, stretch or get a drink of water. There are a few more things that you can do to help us to get good results on your study.

- Let us know if you have any special needs. (For example oxygen, help with walking, incontinence etc.)
- Bring your insurance cards; we will need to copy them.
- Bring comfortable sleepwear; 2-piece with buttons down the front, if possible
- Be freshly showered and wash your hair. No heavy lotions, hairspray, oils, gels or weaves
- Bring your favorite pillow and/or blanket, although these are available at the sleep lab
- Continue all medications, and bring any medications you may need. No medications will be given by the Sleep Lab staff. Also, bring a list of any medications you normally take.
- Reading materials or something to work on.
- Toiletries; toothbrush/paste, comb etc.

The study will finish around 5:00 am the following morning if transportation arrangements need to be made.

5 Medical Lane, Suite C&D
Conway, AR 72034
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7500 Dollarway Road, Suite 201
White Hall, AR 71602
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El Dorado, AR 71730
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1310 West B Street, Suite A
Russellville, AR 72801
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HOSPITAL LOCATIONS

Arkansas Heart Hospital, Ashley County Medical Center, Bradley County Medical Center, Chambers Memorial Hospital, Chicot Memorial Medical Center, St. Vincent Morrilton, St. Vincent-North