



701 E. County Line Road, Suite 207 Greenwood, IN 46143  
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## **What is a polysomnogram?**

A polysomnogram is a test which measures various physical parameters during sleep. Each test will vary depending on the individual case, and some of the measurements taken may include:

- Brain Waves (Surface electrodes on the scalp)
- Heart Rhythm (Surface electrodes over the chest area)
- Eye Movements (Surface electrodes near the eyes)
- Muscle Tone and Teeth Grinding (Surface electrodes attached to the jaw/chin bone)
- Leg Movements (Surface electrodes over the Anterior Tibialis muscle on the lower leg)
- Oral and Nasal Airflow (Sensors attached near the nose and mouth)
- Breathing Effort (Small, elastic gauges placed around the chest and abdomen)
- Blood Oxygen Levels (A sensor attached to the finger surface. These levels are not actually taken from blood samples, rather from readings detected through the skin.)

### **• What is the duration of a polysomnogram?**

In order for the procedure to be considered valid, a minimum recording time of 6 to 7 hours is required. However, the exact duration is determined by your technologist.

### **• Why do we record all of these parameters?**

The body functions differently during sleep than when awake. Disrupted sleep can disturb daytime activities. Some medical conditions can occur with sleep, ONLY. This may put an individual at greater risk for overall health concerns and limit one's daytime functioning.

### **• How will I sleep with all of these things attached to me?**

Not surprisingly, this is the most commonly asked question! However, MOST people sleep quite well. The body sensors are applied so that you can turn and move as needed for optimal comfort. Generally, you will NOT be aware that you are wearing the devices after they are on for a short period of time. *Our staff will make every attempt to make the environment as comfortable as possible and ease any concerns you may have.* Remember, we are simply recording your sleep patterns, something you do every night.



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- **Will the sensors hurt?**

No. The sensors are all non-invasive, meaning we do not “stick” you with any needles and simply attach the leads with glue or tape. Rarely, a mild and temporary skin irritation may occur with the skin-surface preparation process. If you have heightened skin sensitivities, please let the technologist know before they begin to apply the necessary leads.

- **Will I be given a drug to help me sleep?**

No. In fact, we prefer you to continue your routine drug regimen as prescribed by your physician. It is important not to consume any alcohol or caffeine after twelve noon on the day of your testing.

- **What should I bring?**

You should bring the following:

- SOMETHING COMFORTABLE TO WEAR TO BED
- Something to read or work on while you are awake
- Personal toiletry items
- Any MEDICATIONS YOU ARE PRESENTLY TAKING or have taken during the last two weeks
- The COMPLETED QUESTIONNAIRE included with this information
- You may want to bring your own, favorite pillow or pillows

- **Is this procedure covered by my insurance?**

Each respected policy is different. The physician ordering the test will need to provide us with your medical history and an order for the appropriate test. When you are pre-registered, the secretary will obtain insurance information. All of this data is necessary to complete any pre-certification requirements.

**WE ENCOURAGE ALL OF OUR PATIENTS TO REVIEW THEIR POLICIES AND DETERMINE THE PERCENTAGE OF COVERAGE FOR OUT-PATIENT DIAGNOSTIC PROCEDURES**