

Westerville Sleep Diagnostic Services
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SLEEP DISORDER TESTING

The purpose of this information sheet is to help you understand what to expect during your visit to the Westerville Sleep Diagnostic Center. Testing for sleep disorders is probably different from other testing you may have previously experienced. Many different functions are monitored and evaluated in order to accurately diagnose your condition.

Initially, some patients are seen by a Sleep Specialist or family physician. This consultation probably included the gathering of detailed medical information related to your sleep, lab work, and a physical evaluation. Since your medical work-up suggests that you may have a sleeping disorder, you have been referred to us for a test called a polysomnogram. This test measures many different functions during sleep through small electrodes and sensors placed on your arms, legs, head, face and chest. These electrodes and sensors painlessly monitor muscle activity, brain waves, eye movements, heart activity, breathing pattern, snore levels, and blood oxygen levels. This data is necessary to determine what may be causing your sleep/wake disturbance.

Most sleep evaluations are performed on an outpatient basis. The room you will sleep in is designed as a comfortable hotel room, not a testing room. After the necessary paperwork is completed, you will be asked to change into your sleeping attire. You will then be “hooked up” to electrodes and sensors. At bedtime, you will be asked to sleep as if you were at home, in whatever position is most comfortable. After testing is completed you will be able to shower at the Center or wait until you return home.

Approximately two weeks before your testing date(s), you will receive a conformation letter. Additional information regarding arrival/departure times, what to bring/wear, medications, directions, etc. will be included. If you must change or cancel your appointment, please call as soon as possible so we may schedule someone else in your time slot.

If you have further questions, please contact us at 614.898.9340. Have a good night's sleep!