

AFTER YOUR SLEEP STUDY, WHAT HAPPENS?

The sleep study you will be undergoing will measure over 25 different parameters during sleep and most likely compile over 1200 pages of data. This data will need to be processed and reviewed before any interpretation can be performed. This processing will take time and careful review. Some studies may only take a couple days other may take longer. The results should however be ready for most studies within one to two weeks.

Following your study the technologist will be confirming that the recording devices were attached properly and in working order. The technologist will remove the sensors and discuss with you various techniques to get the adhesive off or out of your scalp. The technologist will not be able to tell you any details of your study results because they will not have been reviewed. Please do not ask nor expect them to convey information about your study results. This information can only be conveyed through a physician's directive.

Prior to leaving the laboratory you should be given a reminder of your follow-up appointment or the number to call to make this appointment. We recommend that you be seen in the sleep clinic usually two weeks after your study to review the results. During this visit your health care provider will review the study results with you and map out a plan of action for your disorder and symptoms. If you decide to cancel this clinic visit, you must inform the sleep clinic and your primary care physician. We are happy to provide the sleep study results to your physician. Please let us know your physicians name and their fax number.

Some patients may be started on various therapies during the sleep study. Therapies such as CPAP and supplemental oxygen must be ordered through a home health care company. You will not leave the sleep laboratory with a new CPAP machine. Your health care provider must order this from a home health care company. For most insurance policies, these durable medical goods can not be ordered until the sleep study paperwork has been reviewed and approved by the insurance company. This process usually takes approximately 1-3 weeks depending upon the insurance company.

We make every effort to promote a comfortable testing environment. We recognize that this testing environment includes new experiences that you do not commonly endure when you sleep in your own home. However, we appreciate your feedback on your sleep study experience and look forward to working to improve the testing atmosphere.

UNC Sleep Disorders Center