

Nocturnal polysomnography video-PSG (PSG)/ Respiratory sleep study with CPAP titration

Your doctor has recommended that you have a nocturnal polysomnography video-PSG (PSG) or respiratory sleep study with CPAP titration. The reason for this will depend on your condition; your doctor will talk to you about your options. This leaflet explains the procedure and aims to answer the main questions you're likely to have. If you have any additional questions then please feel free to talk about them with your doctor, nurse or radiographer before the procedure.

What is nocturnal polysomnography/respiratory sleep study with CPAP titration?

A PSG or a respiratory sleep study with CPAP Titration is a split night study, which may be offered to you if your doctor thinks you are suffering from Sleep Apnoea. The first half of the night comprises the PSG set up, in which various electrodes are applied to record not only the electrical activity of the brain (EEG), but also the electrical activity of your heart (ECG), muscles (EMG) and breathing. This is made through small electrodes/sensors positioned on your head, face, body and legs. A video image is recorded at the same time as the PSG study. On occasions, Physicians choose the simplest version of the PSG study and only breathing and oxygen levels are recorded. The second half of the night comprises you wearing an Automatic Positive Airway Pressure (APAP) machine. This machine keeps your airways open by pumping air through a mask to allow a deeper non-fragmented sleep. All channels used in the standard PSG will record your usual sleeping behaviour in the first half of the night and will corroborate any improvements in your sleeping patterns whilst wearing the APAP equipment.

How do I prepare for the test?

Prior to your study please continue with your day as normal, taking existing medications as usual unless otherwise instructed by your doctor. We require caffeine and alcohol to be avoided at least 4 hours before your study, and please kindly ensure that your hair is clean and you have removed nail varnish and make-up.

About the procedure

The study is performed by a clinical sleep physiologist who will explain each aspect of the test and will be happy to answer any questions. The clinical sleep physiologist will show you to your room, inclusive of en suite facilities, air conditioning and TV access. Your physiologist will spend an hour with you preparing the equipment for the study and fitting you with the APAP mask. This comprises attaching measurement electrodes to the head, face, body and legs. This preparation will usually be completed by 9 pm and the study will begin when you turn off the lights and settle down to sleep. Patients are encouraged to have the room quiet and dark by 10:30 pm to enable sufficient quantity of data to be collected, however this can be adjusted depending on your usual night time schedule. The second half of the study will start at 2 or 3 am.

What to expect afterwards

The following morning you will be woken by the sleep physiologist by 9 am and all the electrodes will be removed and the hair cleaned with warm water. Breakfast will be provided prior to your discharge. Please pre-notify our Sleep Coordinator of any special food requirements.

Following the study, the data will be analysed by the sleep physiologist and reported by a Consultant Physician with results available to your referring doctor within 1-2 weeks.

Please ensure that you bring to your study:

- Insurance details if applicable (inclusive of authorisation codes).
- Payment details if you are self-funding the study.
- Pyjamas or other clothing that you will be comfortable sleeping in.
- Details of any existing medication that you are taking. If you need to take any medications during the night then please bring these to the hospital with you – these medications *must* be in the original packaging with all instructions.

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