

SLEEP
STUDY
SERVICES



UNIVERSITY GENERAL HOSPITAL
Where Five-Star Luxury Meets Clinical ExcellenceSM



At University General Hospital, our comfortable sleep study rooms provide a restful environment and allow for full evaluation of sleep disorders. Sleep studies are tests that watch what happens to your body during sleep. These studies are performed to determine what is causing your sleep problems, and to provide physicians with diagnosis so that appropriate treatment can be given.

◀ SLEEP APNEA – THE SILENT KILLER

The most common sleep disorder – and also the most deadly – is known as sleep apnea, which is a cessation of breathing (or when breathing has slowed during sleep for 10 seconds or longer). Unrecognized episodes of apnea can occur hundreds of times during a single night. You may wake just enough to reinstate breathing, but not sufficiently enough to cause awareness. Sleep apnea can be mild, moderate, or severe. This interruption of sleep and oxygen to your blood stream can have a serious impact on your quality of life and health.

In those who suffer from the disease of obesity, sleep apnea is extremely common and can be life-threatening; however, obesity does not have to be a life sentence. A reduction in weight generally leads to a resolution of sleep apnea and other life-threatening conditions such as type 2 diabetes, and hypertension. If you are 40 pounds or more overweight, we recommend that you meet with our Bariatric Surgical



Program Director, as weight-loss surgery may be an option for you in weight reduction, long-term weight maintenance, and the resolution of these serious conditions. To reach our bariatric program director, please call (713) 375-7650.

◀ SYMPTOMS OF SLEEP APNEA

If you or your partner have any of the following symptoms, a sleep study evaluation is recommended:

- Loud, intermittent snoring
- Notable periods of silence during sleep
- Severe daytime sleepiness
- Morning headache
- Depression
- Loss of libido
- Memory deficit
- Intellectual deterioration

◀ OTHER SLEEP DISORDERS

Some individuals have difficulty staying awake, a condition known as narcolepsy. Others have problems with nighttime behaviors such as sleepwalking, night terrors, or bed-wetting. In addition, many suffer from an inability to fall asleep or stay asleep – a condition known as insomnia – which may be caused by conditions such as periodic limb movement disorder or restless leg syndrome, which is an intense urge to move or twitch the legs.

Our sleep study lab can help determine whether you have a problem with any of these conditions and provide you with treatment to alleviate or eliminate them altogether.

◀ HOW DOES A SLEEP STUDY FEEL, WHAT ARE THE RISKS, AND WHEN WILL I GET MY RESULTS?

You will not experience any pain from a sleep study. Occasionally, individuals may experience skin irritation which includes red or itchy skin from the glue used with the electrodes. There are no other risks or side-effects associated with sleep studies. Results are usually available within one to two weeks. Our sleep lab technicians are unable to review the results of the study with you, as their training does not involve study interpretation.

◀ FACTORS THAT MAY AFFECT YOUR RESULTS

Factors that can interfere with accurate test results include:

- The use of caffeine, nicotine, alcohol, or sedatives;
- Changes in your normal activities or routine on the day of the sleep study;
- The electrodes coming off during sleep;
- Being unable to sleep normally due to the different environment.



◀ YOUR STAY AT UNIVERSITY GENERAL HOSPITAL: PREPARING FOR YOUR SLEEP STUDY

From faux finishes on the walls to beautiful decorator lamps that create a warm, soothing ambiance, your private room is furnished with a beautiful queen-size cherry wood sleigh bed that is draped in luxurious 600-thread count Egyptian cotton sheets. To assure a good night's sleep, you will also enjoy a cozy down comforter and hypo-allergenic pillows. A flat-panel television with 40 cable stations and complimentary wireless Internet keep you in touch with your world. In-room dining services are available 24 hours daily, and our concierge is happy to be of service to you.

The sleep study lab may send you forms to complete prior to your study. These forms will ask about your sleep habits and patterns. In addition, there may be questions for the person who sleeps with you, as he or she may be aware of sleep habits you do not know you have. You will also likely be asked to keep a sleep diary for one to two weeks prior to your sleep study. Specific instructions will be given to you by your doctor. Tell your doctor about any over-the-counter or prescription drugs or herbal supplements you are taking, as you may be asked to stop taking certain medications, such as sedatives, before your sleep study.

Do not drink or eat any foods with caffeine for two to three days prior to your study. For example, please refrain from coffee, tea, soda, and chocolate. Please take a shower or bath before your test, but do not use sprays, oils, or gels on your hair. We also request that you do not wear makeup, fingernail polish, or acrylic nails, as some test equipment will be placed on your face and fingers. Please pack a small overnight bag with your personal toiletry

items such as a toothbrush, toothpaste, brush, comb, shampoo, conditioner, hair dryer, makeup, your favorite pillows or blankets, and a book or magazine. So that you're as comfortable as possible, we request that you bring your normal nightclothes. Upon waking the next morning, you will be able to shower, do your hair and makeup, and prepare for your day as you normally would, so please remember to bring a change of clothing.

University General Hospital will provide you with a plush, luxurious microfiber robe to enjoy during your stay. Upon discharge, please leave the robe in your room so our guest service ambassadors may send the robe to be laundered. The slippers are yours to take home and enjoy for many nights to come.



WILL HEALTH INSURANCE COVER MY SLEEP STUDY?

Many policies cover part or all of a sleep study. Pre-approval or pre-certification may be required. Our physicians and business office will work closely with you to maximize any benefits you may have for coverage.

HOW TO SCHEDULE A SLEEP STUDY

To find out more or to schedule a sleep study, talk with your doctor or call us at (713) 375-7576.

For a listing of our pulmonary medicine specialists, please visit www.universitygeneralhospital.com and click on "physician search."

With proper diagnosis, you will find yourself sleeping better and enjoying an improved quality of life and greater health.

We look forward to giving you the best care possible.

UNIVERSITY GENERAL HOSPITAL.

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7501 FANNIN, HOUSTON, TEXAS 77054
713.375.7000

WWW.UNIVERSITYGENERALHOSPITAL.COM