

HOME SLEEP STUDY

at Penn Highlands Healthcare

You snore. You're tired all the time. You can't remember when you last had a good night's rest.

These are some of the symptoms of obstructive apnea – a very serious sleep disorder. You want to talk to your doctor about it, but you've heard that you would have to go to the hospital for a sleep study. Who has time for that? Not you.

Thanks to technology, you can have a sleep study done at home.

Your primary care physician or any physician you are working with can recommend that you have this test done.

It's easy. Just pick a sleep study kit at a convenient Penn Highlands Healthcare location and take it home.

The kit consists of a belt for the chest to measure up and down breathing movements, a small tube for under the nose to measure air flow in and out, and an oxygen monitor for the finger.

The pieces are all connected to a small cell-phone size box that stays with you while you sleep. It requires no gels to attach the wires to you. The instructions are simple, and someone will review them with you before you take it home.

If patients have questions throughout the night, there is a phone number to call. Someone from the hospital trained in sleep studies will answer.

How does it work?

Throughout the night, readings of how you sleep are recorded. When the kit is returned the next day, this information is downloaded by a registered sleep technologist and given to a doctor with experience in sleep studies to read.

The doctor who reads the study then reports back to the physician that ordered the test with results to share with you.

What if there is something found by the test? It is up to the doctor who prescribed the test to



have you followed up by a specialized physician and/or receive a second test in an actual sleep lab.

A common reason for the sleep study is sleep apnea. Translated from Greek, apnea literally means "without breath." There are three types of apnea, but the most common one is obstructive apnea. Left untreated, it causes people to stop breathing repeatedly during their sleep, sometimes hundreds of times during the night and often for a minute or longer.

SLEEP STUDY PROGRAM

Penn Highlands Healthcare

814-375-3223

www.phhealthcare.org

