

What Type of Sleep Study is Best for My Patient?

Home Study vs In Lab Study

According to the National Sleep Foundation, 50 to 70 million Americans are affected by chronic sleep disorders and intermittent sleep problems. In-home sleep studies have become a large part of diagnosis in sleep medicine, and their presence continues to grow. Although home tests have become more sophisticated, they may not be appropriate for some patients. Home sleep testing is only clinically indicated to screen for obstructive sleep apnea and cannot be performed if the patient has select co-morbidities or is under the age of 18 years.



HOME SLEEP STUDY

Home sleep testing is an excellent alternative for:

- shift workers
- home-bound patients
- those who may not feel comfortable leaving loved ones alone at home

Home sleep studies are less invasive than full sleep studies. The home unit uses:

- a band around the chest to track the rise and fall of the chest
- a clip on the finger to measure oxygen and heart rate
- a small nasal cannula to monitor breathing

One of our registered sleep technologists will help patients understand how to set up and use the unit at home and are available to answer questions throughout the night.

As with all of our sleep testing, the home sleep tests will be interpreted by Dr. Kim Treviranus, our board certified sleep medicine physician, who will also provide follow-up treatment and care in our Sleep Center Clinic.

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Some payers like Humana, Cigna, and United Health Care in particular, will not authorize an in-center study unless the patient has co-morbidities. They will, however, allow a Home Sleep Test. If you have sent patients to AccuSom Home Sleep Testing, or another similar provider, at the suggestion of a payer, Dr. Treviranus can provide follow up treatment and testing. In order to initiate this, please refer the patient for a consult in our Sleep Center Clinic at **(815) 564-4687**.

IN LAB SLEEP STUDY

Patients that would generally qualify for an in lab sleep study are under the age of 18 years or have any of the following co-morbidities:

- a BMI over 45
- congestive heart failure
- cardiac arrhythmia or AFib
- pulmonary hypertension
- history of seizure/epilepsy
- obesity hypoventilation syndrome
- neurodegenerative disorder/cognitive impairment
- suspected periodic limb movement disorder or restless leg syndrome
- suspected REM behavior disorder
- history of central sleep apnea
- parasomnias

During an in lab sleep study, patients usually arrive at the Sleep Center at CGH Medical Center at 8 or 9:30 pm. (Daytime studies are also available.) A minimum of six hours of recording time is required. While in the Sleep Center, a polysomnogram will be done. It's a simple procedure that will measure the patient's brain waves, EKG, heartbeats, eye movements and muscle tension, along with leg movements, airflow respiratory breathing, chest and abdominal effort and blood oxygen levels. Audio and visual monitoring is also used to determine movement, position changes and snoring.

If you are unsure if your patient is a candidate for an in lab sleep study you may either place an order for a consultation in our Sleep Center Clinic with Dr. Kim Treviranus, our board certified sleep medicine physician, or you can call our office at **(815) 564-4687** and speak with one of our sleep professionals.

