



BURNSIDE
HOSPITAL

BURNSIDE SLEEP CENTRE

SLEEP STUDY INFORMATION – CPAP TITRATION

Welcome to the Burnside Sleep Centre

You have been referred to the Burnside Sleep Centre for a sleep study with CPAP (Continuous Positive Airway Pressure) therapy. Obstructive Sleep Apnoea (OSA) is characterised by temporary blocking of the airway during sleep. It occurs when the tongue and other soft tissues in the back of the throat collapse and partially or totally block the airway. This reduces or completely blocks the flow of air through the throat into the lungs. This process is associated with an increase in breathing effort and typically a drop in the body's blood oxygen levels. This brain reacts by waking or briefly arousing the body to restore muscle tone and breathing starts again. In most cases, the person suffering from OSA is unaware that they are waking up. This pattern can repeat itself hundreds of times overnight, causing fragmented sleep. This leaves the person feeling excessively sleepy during the day.

Individuals with excessive sleepiness suffer from drowsiness and reduced concentration which can lead to changes in mood and personality and overall reduction in quality of life. If left untreated, OSA can have serious medical implications. OSA can contribute to high blood pressure, an increased risk of heart attack and stroke. A number of other symptoms that can be associated with OSA include headaches and dry mouth on awakening, sweating during sleep, difficulty staying asleep, waking frequently during the night to urinate, worsened heartburn and reflux at night and sexual dysfunction.

The nightly use of Continuous Positive Airway Pressure (CPAP) is a treatment for OSA. CPAP delivers air into your airway through a specifically designed nasal mask. The flow of air creates enough pressure to keep or 'split' your airway open when you are asleep. CPAP treatment has been found to be nearly 100 percent effective in eliminating sleep apnoea and snoring when used correctly.

Similar to the diagnostic sleep study (*polysomnogram*), a range of functions during sleep are monitored and recorded. These include oxygen levels, breathing, brainwave activity, eye and leg movements and heart rate. The above mentioned functions that occur during sleep are monitored by applying small sensors to the skin of your scalp, face, chest, finger and legs. In addition the technician will fit you with a CPAP mask. If you have your own mask and machine, please bring these to the centre on the night of your study. During the night of the CPAP titration, the technician will start on a low pressure and gradually increase the pressure until breathing is normal and snoring is eliminated.

Some people do express concern that they will not be able to sleep with the sensors attached and with CPAP therapy. In most cases people sleep better than at home because of the use of CPAP therapy. If this is your first time on CPAP therapy we provide an acclimatisation period prior to the commencement of the study. This allows you to become familiar with the flow of pressure.

All rooms are designed for maximum comfort. Each room is individually climate controlled and is equipped with private en-suite, sound proofing, a king-single bed and television. The sensors will be applied so that you can move and turn while sleeping, and most people become accustomed to them after a short time.

Sleep Technicians will monitor your sleep signals from a separate monitoring room throughout the night and will provide you with any assistance you may need. All sensors are attached to one device which is easily unplugged by the technician and carried with you if you need to use the bathroom.

We ask that you arrive at 7:30pm and present to the Patient Services Counter in the front foyer of the Hospital. Following completion of your admission, a Sleep Technician will accompany you to your room and then explain the initial setup and overnight procedures. They will also answer any questions you may have. A technician will apply the sensors to you soon after your arrival. This is so our equipment can be tested accurately and to allow the quality of the signals to be assessed. You will not be required to go to sleep at this time, as we try to adhere to your regular bedtime as much as possible.

Your sleep study ends at approximately 6:15am. An en-suite bathroom is provided for your convenience and a light breakfast is served at 7:00am. Discharge is at 7:30am. Please inform the technician if you need to depart earlier.

Results / Consultation

In most cases a follow-up appointment with your Sleep Specialist will be organised when your sleep study booking is made. During the consultation the results of your sleep study will be discussed.

If you do not have a follow-up arranged with a Sleep Specialist please contact the Sleep Centre.

