



**California Sleep Solutions**

1130 Conroy Lane, Suite 600  
Roseville, CA 95661  
P: 916.789.0112  
F: 916.789.0529  
www.casleep.com

## WELCOME TO CALIFORNIA SLEEP SOLUTIONS

We are an independent sleep center dedicated to helping our patients maintain the highest quality of life through caring, concern and dedication. We specialize solely in diagnosing and providing treatment for sleep disorders. We pride ourselves on our staff of highly motivated and carefully trained professionals. We strive to anticipate and understand your individual needs. Our patient service representatives, equipment specialists and billing specialists work together as a team to ensure you receive the finest patient care available.

Our administrative offices are open Monday-Friday from 8:30am until 5:30pm. We are here to assist you with any needs in person or by phone at **916.789.0112** during business hours. All voicemails received during non-business hours will be returned within 24 business hours. In the event of an after-hours EMERGENCY (5:30pm-8:30am) please call 916.789.0112 and select the after-hours option.

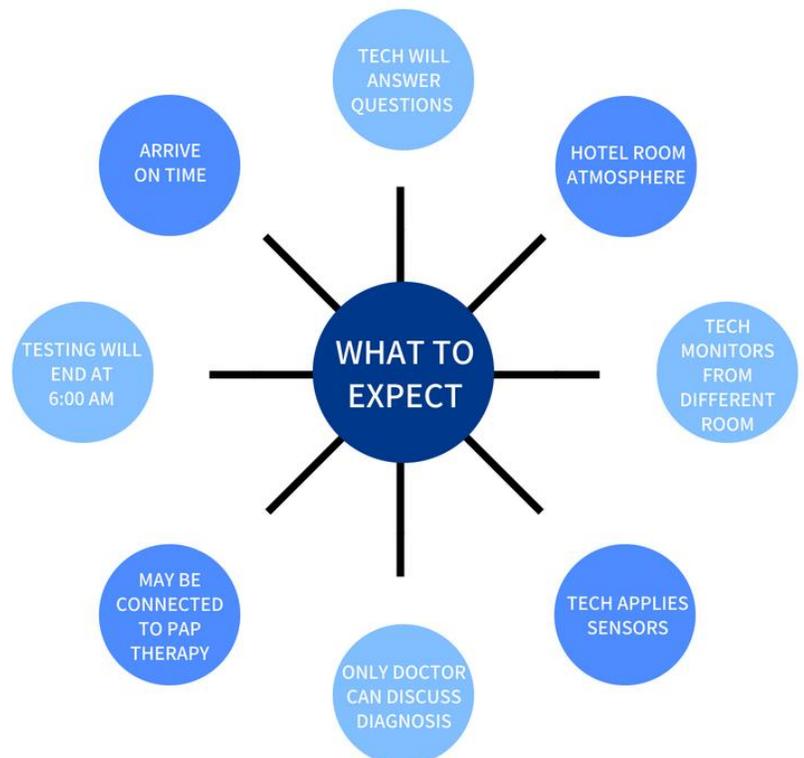
### SHOULD A LIFE-THREATENING SITUATION ARISE PLEASE DIAL 911 FOR PROFESSIONAL EMERGENCY SERVICE

**YOUR APPOINTMENT IS SCHEDULED FOR: 7/2/2019 AT 9:00 PM**

- DIXON**                    125 N Lincoln Drive, Suite D, Dixon, CA 95620
- FOLSOM**                    1641 Creekside Drive, Suite 200, Folsom, CA 95630 (across from Mercy hospital)
- PLACERVILLE**            1004 Fowler Way, Suite 6, Placerville, CA 95667 (near Marshall Medical Center)
- ROSEVILLE** 1130 Conroy Lane, Suite 403, Roseville, CA 95661
- SACRAMENTO**    **4232 H Street, Sacramento, CA 95819 (We've Moved!)**

## HOW TO PREPARE FOR YOUR STUDY

- Contact us 72 hours before if you have special needs
- Do not consume caffeine or alcohol 8 hours before
- Continue to take prescribed medications
- Wash your hair the day of your study
- Remove fingernail polish
- Discontinue CPAP/BiPAP therapy three days before





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## WHAT TO BRING TO YOUR STUDY



Pajamas and sleeping attire



Photo ID



Toiletries



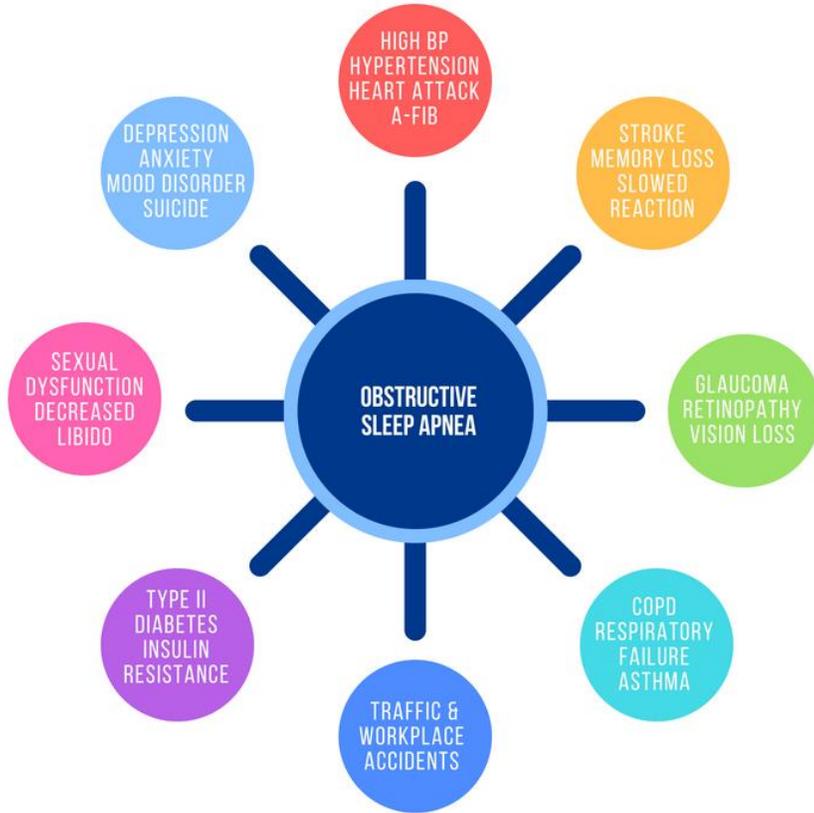
Insurance Card



Personal items such as books, magazines, tablets



## Associated Health Risks



## WHAT IS SLEEP APNEA?

When your airway collapses during sleep, air cannot get to the lungs. This leads to a brief arousal from sleep that causes sleep fragmentation and poor sleep quality. This cycle can repeat hundreds of times in one night, but typically these events are not remembered in the morning.

Your bed partner may notice that you snore loudly or repeatedly stop breathing. Untreated Obstructive Sleep Apnea can cause daytime sleepiness and can even affect your mood. It also increases the risk of obesity, high blood pressure, heart disease, stroke, Type 2 diabetes, erectile dysfunction and depression.

## PEOPLE WHO HAVE A HIGH RISK FOR OBSTRUCTIVE SLEEP APNEA



BMI is more than 35 kg



The male gender



Age over 50 years old

<b>STOP</b>		
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Do you <b>SNORE</b> loudly (louder than talking or loud enough to be heard through a closed doors)?	YES	NO
Do you often feel <b>TIRED</b> , fatigued, or sleepy during the daytime?	YES	NO
Has anyone <b>OBSERVED</b> you stop breathing during your sleep?	YES	NO
Do you have or are you being treated for high blood <b>PRESSURE</b> ?	YES	NO

<b>BANG</b>		
<b>BMI</b> more than 35kg/m <sup>2</sup> ?	YES	NO
<b>AGE</b> over 50 years old?	YES	NO
<b>NECK</b> circumference > 15.75 (40cm)?	YES	NO
Male <b>GENDER</b> ?	YES	NO

Calculate OSA Risk	>3 yes answers: High-risk	<3 yes answers: Low-risk
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## AM I AT RISK?

- Excess body weight is the leading risk factor for obstructive sleep apnea, but those who have a low BMI can have sleep apnea, too.
- The risk also increases if you have a large neck, tongue, tonsils or jaw.
- Sleep apnea is more common in men than in women, but the risk for women increases during and after menopause.
- Sleep apnea is common in people who have high blood pressure.
- Sleep apnea occurs frequently in people who have heart disease, stroke, a mood disorder or Type 2 diabetes.

## WHAT IS A SLEEP STUDY?



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A sleep study monitors your brain waves, breathing, heart rate and body movements while you sleep overnight. It is performed in our sleep lab by a trained Sleep Technologist who monitors your study while ensuring your safety and comfort. The results of your sleep study will enable your doctor to correctly diagnose your sleep disorder or determine that your



On the day of the study, you will be asked to arrive at the sleep lab in the evening. The Technologist will attach sensors to your head, chin, chest and legs. You also will wear soft belts around your chest and stomach. An oxygen monitor will be clipped on your finger. We will use a microphone to measure if you snore or not.

You will be allowed to fall asleep while the Technologist monitors your sleep parameters on a computer. The Technologist may wake you up in the middle of the night to ask you to change your body position or to replace wires if they come loose.



Your doctor may have ordered a “split-night study” if you are at risk for obstructive sleep apnea. If you show clear signs of sleep apnea during the first half of the study, then the Technologist may apply Continuous Positive Airway Pressure (CPAP) therapy during the second half of the night, if medically indicated. CPAP provides air pressure through a mask that opens the upper airway during sleep. CPAP therapy does not always happen during the initial sleep study, even if you are positive for Obstructive Sleep Apnea.

After you wake up in the morning, the Technologist will help remove the sensors, belts and oxygen monitor. The data from the study will be reviewed by a board-certified sleep physician who will make a diagnosis.





## COMMON QUESTIONS ABOUT SLEEP STUDIES



### **1. Is the sleep study painful or invasive?**

No, the sleep study is not painful, but the Technologist may ask you to try to sleep on your back during the study. Please inform the Technologist if sleeping on your back is uncomfortable.

### **2. What if I can't fall asleep?**

Most people do not have difficulty sleeping during the study. If you do have trouble falling asleep, medication may be used to help you. Here at California Sleep Solutions, we do not administer or prescribe any medication. Even if you are unable to sleep the entire time, you will likely sleep long enough for your doctor to make a diagnosis.

### **3. Is a family member or friend allowed to stay with me?**

We are not able to accommodate guests in our facilities beyond 11:00 PM, except for guardianship purposes or for care giving. Please contact our office at least 72 hours in advance to make arrangements for care givers.

### **4. Will I be able to use the restroom during the study?**

Yes, you can use the restroom in the sleep center. The Technologist can easily disconnect the wires so that you can go to the bathroom privately.

### **5. Should I bring my nighttime medications with me?**

Yes, be sure to bring any medications that you take at bedtime. Please let the Technologist know about the medications before you take them.

### **6. Can I sleep in a recliner?**

Generally, it is required for you to try to sleep in the bed. Sleeping in an elevated position in a recliner may affect the results of the study. We do have wedges for you to sleep under if needed.

### **7. Is the bed comfortable?**

We have a hotel like setting with large queen or full beds that have firm tops for a better night sleep.

### **8. What if I can't tolerate the CPAP mask?**

If you receive CPAP therapy during the second half of the study, the sleep Technologist will help you get used to the treatment. The sleep Technologist may try more than one type of mask or make other adjustments to help you feel more comfortable.

### **9. How will I know the results of the sleep study?**

One of our board-certified sleep physicians will review the data that we collect during the night and send their recommendations to your physician. The results of your study should be sent to



your physician in about two weeks. If your physician doesn't contact you with the results, you may want to give them a call to schedule a follow up appointment. Your sleep study will also be uploaded to OnPatient for you to view.

### 10. Do I have to wear clothes?

Yes, you should wear loose unrevealing night clothing that will allow access to your chest and lower legs.

## POSITIVE AIRWAY PRESSURE (PAP) THERAPY

PAP therapy is the most common and most successful treatment for obstructive sleep apnea. There are several types of PAP machines. These include CPAP (continuous positive airway pressure), BiPAP (bilevel PAP), and ASV (Adaptive Servo Ventilation). Your doctor will help determine which one is best for you.



PAP therapy can help you live a longer, healthier life, with substantially better sleep. Your board-certified sleep medicine physician will provide instructions on how to obtain your device.

Use PAP all night, every night. The machine works best when used every time you sleep for the whole time you are asleep, at night and even when napping.

## BENEFITS OF PAP THERAPY

Using PAP therapy every night, every day, for a better quality of life and reduced mortality rates. Consistent use of therapy helps reduce your risk of stroke, improve insulin sensitivity, and improves heart problems. Daytime alertness and concentration will start to improve as well.

Continued use of PAP therapy reduces health care costs, limits the risk of automobile accidents, and minimizes the amount of blood pressure medication needed in the future. Moods are improved, patients are admitted to the hospital at a lower rate and workplace



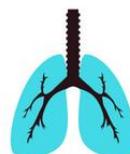
IMPROVED BLOOD PRESSURE, DECREASED RISK FOR SUDDEN CARDIAC DEATH, HYPERTENSION, HEART DISEASE.

DECREASED RISK OF STROKE, IMPROVED ALERTNESS, MENTAL FOCUS, MEMORY AND WORK PERFORMANCE.



IMPROVED MOOD, REDUCED RISK OF DEPRESSION, ANXIETY, AND LOWER PREVALENCE OF SUICIDE.

IMPROVED INSULIN SENSITIVITY, LOWER GLUCOSE LEVELS, REDUCED RISK OF TYPE II DIABETES.



IMPROVED LUNG FUNCTION, REDUCED MORTALITY RATE IN COPD CASES AND IMPROVED ASTHMA CONTROL.

REDUCED RISK OF AUTOMOBILE AND WORKPLACE ACCIDENTS



IMPROVED LIBIDO, SEXUAL FUNCTION AND INCREASED DESIRE

LOWER ANNUAL MEDICAL EXPENSES



## CANCELLATIONS



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If you need to cancel or change your appointment for any reason, please provide us a minimum 72 hours' advanced notice. Because we reserve your room and the time of your technologist, you may be charged a **fee of \$125.00** if 72 hours' notice is not given prior to your scheduled appointment. Cancellations cannot be processed via email, text, OnPatient or other web-based media. Please call us at **916.789.0112** Monday–Friday 8:30am-5:30pm to change your appointment date or time.

