

FAQ

1) Do I really need eight hours of sleep?

Everyone has a different sleep requirement, and the amount of sleep we need varies with age. Eight hours is the average requirement for most adults, but some people need more sleep and some need less.

2) What is a sleep study like? Will I be able to sleep?

A sleep study is an overnight test performed at home or at a sleep center. Our goal is to capture a typical night of your sleep. An HST (home sleep study) requires that you wear a device like a watch, which is connected to a finger-top probe much like a band aid. If you require a more extensive sleep study at a sleep center, wires are taped to your body with specialized belts to measure your breathing. It is the best method to fully understand your sleep. Most patients sleep without a problem.

3) Do I need a referral for my office visit or sleep study?

This depends on your insurance plan. If you call our office, we can answer this question.

4) If I have sleep apnea, do I really have to use CPAP mask?

That depends on the degree of your sleep apnea and other medical factors. CPAP still remains the gold standard for sleep apnea. Though it may seem strange or scary to think about using, we have hundreds of patients each year who do great with CPAP treatment and can attest to how it has changed their lives in a positive way. We work closely with all of our patients to acclimate to CPAP and get the most from it. If you are opposed to CPAP or struggle with it, we also can help identify an alternative treatment that is effective.

5) What is a polysomnogram (sleep study)?

A polysomnogram is a study that measures the quality of your sleep.

6) What is a multiple sleep latency test (MSLT)?

Some people also participate in daytime testing. This test consists of a series of 20-minute naps. Sensors & electrodes are used to record information, similar to the polysomnogram test. 20-minute long naps are given every two hours throughout the day. Please bring something to read or work on during the day to help keep you occupied between naps.

7) What is a maintenance of wakefulness test (MWT)?

The maintenance of wakefulness test (MWT) measures a person's ability to stay awake in a quiet, dark, and non-stimulating room for a period of time. This test is usually given to a person receiving therapy for conditions causing daytime sleepiness which have been diagnosed (i.e. sleep apnea).

8) Are sleep studies covered by insurance?

Sleep studies are covered under most medical insurance plans, although deductibles and percentages of coverage vary. Details regarding coverage should be directed to your insurance company. We will verify insurance benefits and coverage prior to your sleep study. Please feel

free to call our office and speak with the account coordinator, who is available to answer any remaining questions or concerns you may have.