

North Fulton Hospital Sleep Disorders Center

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Frequently Asked Questions

During a sleep center evaluation, what time will I get up?

A typical sleep study concludes between 5:00AM and 6:00AM.

How do I go to the Bathroom?

Bathrooms are conveniently located to the testing rooms. The technician is there to assist you if necessary.

When do I take my nightly medication?

You should bring all medications you usually take at night with you and take as ordered by your physician.

When do I get my results?

Results are sent to the referring physician within 5 -7 days.

Can a family member stay with me?

This is a medical procedure and therefore it will be necessary for you to sleep alone. A family member may accompany the patient in the event that the patient is a minor or if the patient has special needs. It is recommended that this is noted at the time the study is scheduled, so that proper arrangements can be made for their comfort.

Will I have to sleep on my back?

It will be necessary to be in the supine position during some of the testing. It is not a requirement for the entire study.

Does insurance pay for my studies?

The sleep studies and follow up treatments are covered by most major insurances and by Medicare. This information will be reviewed with you and the financial responsibilities that are not covered by insurance or Medicare will be reviewed. Arrangements for payments can be made on an as needed basis.

What is a NPSG?

Nocturnal Polysomnography- or sleep study. This test is considered the "Gold Standard" in diagnosis of sleeping disorders. The NPSGT measures EEG (Brain Waves) EOG (eye movement) EMG (Muscle Movement), Respiratory Airflow, Respiratory Effort, Oxygen Saturation, Snoring, EKG (Heart Activity), Arm and Leg Movement and body position. This information is collected for 6-8 hours and is analyzed to note any patterns or behaviors that are impacting sleep.

What is a MSLT?

Multiple Sleep Latency Test. This determines how fast you fall asleep in the dark. The test consists of a series of 20 minute naps in 2 hour intervals throughout the day.

What is a CPAP?

Once the NPSGT is reviewed by a qualified physician and Sleep Disordered Breathing or Sleep Apnea is identified, treatment for this condition utilizes a device that supplies Continuous Positive Airway Pressure or CPAP. In order for this to be effective a second sleep study wearing the device is necessary to obtain the optimal settings, masks and effectiveness of the procedure. This test is just like the NPSGT with the addition of the CPAP unit.

Why am I scheduled for two appointments?

This allows for the CPAP study to be completed in a timely manner, saving you and the physician time, money and decreasing the time for treatment. If the CPAP study is not necessary, it is canceled and the patient has no financial obligations for the second study if it is not necessary.

If I need to postpone my study, do I need to cancel 48 hours in advance?

You need to cancel and reschedule as soon as it is convenient for you. This is a medical procedure that may have severe medical consequences if not completed timely and properly. If the study must be cancelled, please do so as soon as possible. Since sleep studies are an overnight procedure another patient cannot be put in your place if you fail to cancel in a timely manner. There is a no-show fee assessed for failure to cancel the sleep study.