

Advanced Sleep

A visit to **Advanced Sleep** for a sleep study (polysomnogram) is likely to be a new experience for you. A polysomnogram is a recording that will include measurements used to identify different sleep stages and classify various sleep problems. Many parts of the brain control sleep and influence its different stages. There are 5 different stages of sleep that we measure. Stage I sleep is light sleep and Stage V sleep is dream sleep or REM. It is possible to identify which stage of sleep you are in by measuring different activities of the brain and body.

During sleep testing we measure various body functions:

- Muscle activity from limbs, chin, and breathing
- Brain waves
- Eye movement
- Breathing through mouth and nose
- Snoring, Heart Rate and Rhythm



Small metal discs (called electrodes) are applied to your head and skin with a cream like substance easily removed with warm water. Flexible elastic belts around your chest and abdomen measure your breathing. A clip on your index finger monitors the level of oxygen in your blood and your heart rate. Your sleep might be videotaped for later review of any abnormalities observed during the study. None of these devices are painful and all are designed to be as comfortable as possible. If you have any questions or concerns about the application of the electrodes (if, for example, you use a hearing aid or wear a hairpiece), please call us.

Our surroundings (and especially the bedroom) are homey and comfortable to ensure your sleep study is similar to your normal sleep. The technical equipment and technicians will be in a room separate from your sleeping room, and the electrode wires will be gathered together in a kind of ponytail behind your head, so that you will be able to roll over and change positions.

BEFORE YOU ARRIVE

Before coming to the center, you should pack an overnight bag. If you have special needs, advise us in advance so we can accommodate you. It is important for your sleep professional to know if you are taking any prescribed or over-the counter medication, since certain medications can affect sleep and the interpretation of a sleep study. Do not discontinue any medication without first talking to your health care professional. On the day of your sleep study, avoid caffeine (coffee, tea, cola, chocolate) after 2:00 p.m. and try not to nap. Before coming to the sleep center, you should shower and shave (only if you shave). This will help in the set-up of equipment. Do not apply hair spray or gel.

Please bring the following items:

- Questionnaires
- Co-Pay
- Referrals (if Required)
- Favorite pillow or blanket (optional)

- New York's Oldest and Largest Company Providing Sleep Diagnostic Services.
- Over 15 convenient locations to serve you.

• **Call our hotline for information or questions. Phone: (631) 676-3784**

WHEN I ARRIVE AT THE CENTER

When you arrive at the center the technologist will greet you and show you to your bedroom. You will have time to change into nightclothes and get ready for bed as you do at home. You can watch TV, read a book and relax, as there may be a waiting period before the technologist applies the electrodes. A typical study is 6 hours long, therefore, if you have a commitment in the morning (if, for example, you have to be at work at a certain time), be sure to inform the sleep technologist prior to your study, so a wake-up call can be arranged. When making the appointment, please inform us if you need to wake up at a certain time. Your wake-up time should also be confirmed when you arrive at the sleep center.

AFTER MY SLEEP STUDY

After the study, a sleep specialist will review and interpret the record to help you and your healthcare professional understand your specific sleep complaints and questions. Treatment recommendations will be made if evidence of a sleep disorder is found. The sleep study and its analysis and interpretation are part of a complex process. A typical sleep study involves more than 800 pages of data. Because this is a time-consuming and labor-intensive process, sleep studies are usually not evaluated immediately, and may take some time to receive the results of your study. Call our hot line, NOT the doctor's office if you have any questions or inquires.

DIRECTIONS:

BOHEMIA location:

3400 Veterans Highway
Bohemia, NY

From West: LIE east to exit 57, make a right on Rt 454 East for approximately 3.7 miles to 3400 Veterans Memorial Highway. We are located on the right side across from the Hess gas station. Parking is in the rear of the building.

From East: LIE west to exit 60. Turn left on Ronkonkoma Avenue go 0.04 mi, continue on Smithtown Ave approx 1.4 mi, turn left on Lakeland Avenue go 0.2 mi, turn right on Rt 454 west go 0.7 mi. Make a U-turn at Feuereisen Ave onto Rt 454. Go East for 0.1 mile and arrive at 3400 Veterans Memorial Highway, which is on the right side across from Hess gas station. Parking is located in the rear of the building.

LINDENHURST location:

656 N. Wellwood Avenue, Suite 210
Lindenhurst, NY

From South: From the corner of Sunrise Highway and Wellwood Avenue:

Take Wellwood Avenue North less than ½ mile to the Sunrise Plaza Shopping Center on the right side.

Pull into the shopping center-we are on the 2nd floor of the professional center.

From North:

Take Wellwood Avenue South towards Lindenhurst to the Sunrise Plaza Shopping Center, which is on the left side, about ½ mile before Sunrise Highway. Pull into the shopping center-we are on the 2nd floor of the professional center.

HAUPPAUGE location: 3001 Expressway Drive North, Hauppauge, NY

LIE from West: Take exit 57. Make the 2nd left onto Veterans Highway (454), go under the LIE and make a left onto Expressway Drive N. Parking lot is before 3rd building on right. (rear of bldg.)

LIE from East: Take exit 57 straight through the light. Parking lot is before 3rd building on right. (rear of bldg.)

From Smithtown: Rt. 111 S to Veterans Highway. Go 1.5 miles and make a right at TGI Fridays & Exxon onto Expressway Drive North. Parking lot is before 3rd building on right. (rear of bldg.)