

North Collier Sleep Diagnostic Center New Patient Information

Diagnosing and managing Sleep Disorders is a complex multi-step process. There are several different steps included in this evaluation. Before your overnight study at our Sleep Center, you may be asked to complete several informational questionnaires and possibly keep a sleep diary of your sleep pattern for one or two weeks prior to your overnight study.

First you will be scheduled for a consultation with a Medical Professional. This includes a thorough medical evaluation including assessment of your sleep problem, medical history, physical examination, and review of your medical records. With this information, decisions regarding your treatment options can be discussed, and a Polysomnography (Sleep Study) may be scheduled at our Accredited Sleep Center

A sleep study consists of an overnight recording in our accredited sleep laboratory. Measurements of your sleep stages, brain wave patterns, breathing and snoring, eye, chin and leg movements, heart rate and oxygen saturation will be recorded.

Your sleep study will be videotaped for evaluations of any abnormal movements observed during the study. You will have electrodes attached to your skin to measure the above parameters. However, we will make your overnight stay as comfortable as possible. Our Certified Sleep Technicians will be stationed nearby during the study to help you with any of your needs.

A Large amount of data is recorded during a Sleep Study. This will be reviewed by our trained professionals, and requires extra time to evaluate the comprehensive nature of this data. You will be given a follow up appointment to have the results fully explained to you. In some instances, more than one Sleep Study may be necessary.

Please feel free to call us with any questions or concerns.