

## MRHC SLEEP DISORDERS LAB HOURS OF OPERATION:

During the daytime for assistance: Monday thru Friday/ 8 a.m. - 4:30 p.m. (Voice mail available)

## SCHEDULING OF TESTING:

### DIAGNOSTIC (OVERNIGHT) SLEEP STUDY

*Tuesday, Thursday, Friday & Saturday*

Requires the person scheduled to be present from 7:30 p.m. until 6 a.m. the following morning

### DIAGNOSTIC (OVERNIGHT) SLEEP STUDY WITH MSLT (DAYTIME) STUDY:

*Tuesdays & Thursdays*

Requires the person scheduled to be present from 7:30 p.m. until 5 p.m. the following afternoon.

### CPAP/BIPAP TITRATION SLEEP STUDY (TREATMENT OF SLEEP APNEA):

*Tuesday, Thursday, Friday & Saturday*

Requires the person scheduled to be present from 7:30 p.m. until 6 a.m. the following morning

### DIAGNOSTIC &/OR CPAP-BIPAP TITRATION (DAYTIME) SLEEP STUDY

*Wednesdays & Fridays*

This special scheduling is made by request for people who are evening shift workers and sleep during the day. Requires the person scheduled to be present from 8 a.m. until 4 p.m.

### MWT (MAINTENANCE OF WAKEFULNESS TESTING) STUDY

*Wednesdays & Fridays*

This special testing is required by the Department of Transportation as a driving requirement. Requires the person scheduled to be present from 8 a.m. until 4 p.m.

## CONSULT YOUR PHYSICIAN OR NURSE PRACTITIONER

If you feel you may need a sleep study, discuss it with your physician, nurse practitioner, or respiratory therapist. If it is determined that you need a sleep study, your medical professional can contact the MRHC scheduling office to make an appointment and send an order. A few days after your sleep study is scheduled, you will receive mail from the Sleep Disorders Lab including instructions, location information and directions to the facility.

## LEARN MORE

AMERICAN ACADEMY OF SLEEP MEDICINE  
[www.aasmnet.org](http://www.aasmnet.org) • (708) 492-0930

AMERICAN SLEEP APNEA ASSOCIATION  
[www.sleepapnea.org](http://www.sleepapnea.org) • (202) 293-3650

NATIONAL SLEEP FOUNDATION  
[www.sleepfoundation.org](http://www.sleepfoundation.org)

## SLEEP DISORDERS LAB



MRHC COMMUNITY SERVICE COMPLEX • 1001 S. HARPER ROAD • CORINTH, MS 38834

**p: (662) 665-8068 • f: (662) 665-8069**

*We're committed to  
your good nights rest.*



## SLEEP DISORDERS LAB



SLEEPING DISORDERS are common and increasing everyday in the United States. Many times sleep disorders are not recognized by the people who suffer from them, but the dangers are very real. Sleep disorders are increasingly becoming the most frequent reason for automobile accidents in the U.S., and if left untreated, cause health related problems including heart attacks, strokes, and congestive heart failure, and can contribute to the severity of other diseases.

THE SLEEP DISORDERS LAB AT MRHC specializes in the disorders that affect your sleep and can diagnose sleep problems to help avoid the health issues that sleep deprivation can cause.

People who suffer from sleep disorders may have SYMPTOMS of:

- Increased sleepiness during the day
- Restlessness while sleeping at night
- Difficulty in falling asleep at different times
- Reduction in concentration, memory, and attention
- Increased periods of urination during the night
- Sleepiness while on the job
- Inability to complete needed tasks at home
- Feelings of no sleep when you rest for eight or more hours at a time
- Weight gain that continues to increase or is difficult to lose
- Loud snoring that disturbs others around you
- Difficulty staying awake while driving

## MOST COMMON SLEEP DISORDERS

### OBSTRUCTIVE SLEEP APNEA

- One of the most common sleep disorders that people have today.
- The tissues and muscle that are in a person's upper airway cause obstructive sleep apnea.
- The excessive tissues or muscles of the airway relax and fall back closing off the airway and breathing for 10-90 seconds at a time. As the airway is closed off several times, a person's sleep is interrupted during the night as well.
- When a person's sleep is interrupted many times during the night, it becomes difficult to have a deep restful sleep.

### PERIODIC LIMB MOVEMENT SYNDROME

- This disorder is when people's legs or arms jerk often during sleep.
- The frequent movement of the arms and legs disturb a person's sleep and cause symptoms of tiredness in the morning.
- This disorder is common for people who already have restless leg syndrome.

### INSOMNIA

- Difficulty in falling asleep and staying asleep.
- Can be caused by stress, excitement about an upcoming event or worry.
- Should not be a long term problem.
- People who experience insomnia frequently may have another problem causing the insomnia events.
- Insomnia can be caused by other sleep disorders.

## MORE UNCOMMON SLEEP DISORDERS

### NARCOLEPSY

- Can be hereditary.
- Most common in people between the ages of 18-30.
- Symptom include: excessive sleepiness, hallucinations just before and after sleep, muscle weakness or sometimes paralysis with increase emotional events, inability to move for several minutes after waking up.
- Treatable with medication.

### REM BEHAVIOR DISORDER

- Can be hereditary.
- Includes sleepwalking and even acting out your dreams.
- Common in adolescents and teenagers.
- Should not be common in adults, however, if present, indicates a more serious problem in adults that should be treated.

### SHIFT WORK DISORDER

- Common in many people that work a night or change work shifts frequently.
- Involves symptoms of insomnia and tiredness.
- Triggered by the body not being able to have a regular sleep cycle.

## TYPES OF SLEEP DISORDER STUDIES

### GENERAL (DIAGNOSTIC-OVERNIGHT) SLEEP STUDY

- Primary type of sleep study that is used to test for several type of sleep disorders
- Also used to diagnose sleep related breathing disorders such as sleep apnea

### MSLT (NAP) STUDY

- Used to diagnose the sleep disorder called *narcolepsy*. It can also be used to determine how sleep a person is during the daytime.
- This sleep study usually proceeds an overnight sleep study

### CPAP/BIPAP TITRATION SLEEP STUDY

- Used to adjust the settings on the equipment used to treat sleep apnea
- An overnight study in most cases

### MWT (MAINTENANCE OF WAKEFULNESS) STUDY

- Primary used by the department of transportation to insure that certain individuals who have had sleep problems are able to be allowed to drive during the day
- Test measures the ability of a person to stay awake and alert during the day



A SIMPLE, PAINLESS SLEEP STUDY MAY BE ALL THAT IS COMING BETWEEN YOU AND A GOOD NIGHTS REST.

## GENERAL INSTRUCTIONS FOR SLEEP TESTING

On the day of your sleep study:

- **DO NOT** sleep or take any naps after you wake up in the morning
- **DO NOT** consume any drinks with caffeine in them, drink only water or caffeine free products
- Please make sure that all gels and lotions are removed from hair, arms and legs
- Shower and wash your hair before you come for the study or you may shower and wash at the sleep disorders lab when you arrive
- If you prefer your own pillows, please bring them with you for you study
- Take all medications as usual, unless otherwise directed by your doctor or nurse practitioner
- If you take any medications that are scheduled after you leave from home, please bring them with you to the sleep disorders lab - example: pain medications, insulin, glucose tabs, glucose monitor, etc.