

WHAT IS SPLIT-NIGHT STUDY?

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Before the Procedure

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What Is Split-Night Study?

- The split-night study allows for the diagnosis of Obstructive Sleep Apnea (OSA) and titration of Continuous Positive Airway Pressure (CPAP) in a single study.
- The first half of the study is conducted during two hours of your sleep, monitoring when moderate or severe sleep apnea is detected.
- The second half of the study uses CPAP to alleviate apnea.

Before the Procedure

- Please bring your Emirates ID and insurance card.
- Please arrive 30 minutes before your scheduled appointment.
- You will meet with a Patient Access Representative (PAR) at the registration desk, who will review your medical insurance card, Emirates ID and perform your registration check in.
- You will be accompanied by the transport team to your room on the 10th floor.
- You will see Sleep Technologist, who will explain the procedure in detail and answer any questions you may have.

The day before the procedure

- Pack overnight sleeping garments for the study.
- It is required that you have eaten dinner prior to the sleep study.

- Please refrain from applying any hair care products (e.g. hair gel, hair spray) prior to the study as these will interfere with the recordings.
- You are not allowed to have any caffeinated beverages and foods such tea, coffee, colas and chocolate, at least 24 hours before your scheduled appointment. You should not take a nap on the day of the study.
- Take your usual medications. If you need to take medications at bedtime, bring them with you.
- No mobile phone usage is allowed during the test.
- Please be on time for your appointment, otherwise it will be rescheduled.

Note: please notify the call center if you will be late for your appointment. The grace period is 30 minutes only.

During the procedure

- A technologist will greet you at approximately 7:30 pm and will show you to your bedroom.
- A nurse will then take your vital signs.
- Once you are settled in your room, you will change into your bedclothes and complete some paperwork (sleep questionnaires).
- The Sleep Technologist will apply electrodes and sensors. After the sensors are in place, you will be able to walk around your room.
- For the PSG study, small pads or patches called electrodes will be placed on your head and body with a small amount of glue and tape. Please note that the glue washes off easily after the test.
- Soft elastic belts will be placed around your chest and belly to measure your breathing. Your blood oxygen levels will be checked by a small clip oximeter placed on the tip of your index finger.
- The electrodes, elastic belts and oximeter are designed to be as comfortable as possible and should not make it hard to sleep. At the beginning of the test, you will be asked to do few movements, such as blink your eyes, move your legs and hold your breath. This is done to make sure the equipment is working correctly.
- During the night, a technologist will be available to assist you as needed.
- During the first two to three hours of recording, if you have sleep apnea, you may wear a mask that is connected to a Continuous Positive Airway Pressure (CPAP) machine. A technician will guide and help you to breathe and gradually adjust to CPAP.
- You will need to sleep overnight in the sleep lab for a total of eight hours.
- When you are ready and the equipment is working correctly, the lights will be turned off, and you can go to sleep. What is Split-night Study?
- **You will be awakened promptly between 6:00 and 6:30 am.**

After the procedure

- From the control room, you will hear a soft voice telling you that the procedure is done and the technologist will come in and remove the electrodes.
- After your sleep study is completed, you will be given a morning questionnaire to complete.

- A nurse will then check your vital signs again.
- You have the option to take a shower before being discharged. A technologist will review your discharge instructions with you.
- Please follow-up with the ordering physician for sleep report results.

Test results

- Results will be released by the HIMS (Hospital Information Management System), located on Level P1, after seven working days. During your follow-up appointment, your physician will discuss your test results with you.

If you have any questions or concerns, please call Cleveland Clinic Abu Dhabi at **800 8 CCAD (2223)**, extension 19064.

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Speak with our Contact Center for assistance

 **800 8 2223**

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