

The Penn Sleep Centers

Obtaining Your Study Results

- Proper interpretation of your sleep study requires extensive data review. Over the course of the evening, approximately 900 pages of data are generated for analysis. A qualified sleep technologist will score your test data, and a designated Penn Sleep Center physician with expertise in clinical sleep physiology will interpret the results. In general, your results will be forwarded to the doctor who ordered your sleep study about one to two weeks after your study date.
- If your sleep data shows that you have sleep apnea (interruptions of breathing during sleep), and you were not started on CPAP therapy during your first study, then you will receive a telephone call from a representative of the Penn Sleep Center. This representative will explain to you that your first study shows that you have sleep apnea. S/he will then schedule a second overnight sleep study called a CPAP titration study for you. (Please see “CPAP Titration” below.)
- If you were started on a CPAP system during your first sleep study, and your doctor has determined that CPAP is right for you, then s/he will prescribe a CPAP device. If you were seen by a Penn Sleep Center physician, the CPAP ordering and follow-up care will be arranged by the Penn Sleep Center. (Please see the “CPAP Set-up” page.) If you were not seen by a Penn Sleep Center physician, then the doctor who ordered your sleep testing should review your results, order CPAP and arrange for follow-up care.
- If your study does not show any disturbance of breathing during sleep, then you will need to review the test results with the doctor who ordered the test to discuss the next steps in diagnosing or treating your sleep problem.

888.SLEEPCT (888.753.3728)
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