

The Penn Sleep Centers

Sleep Study Basics

Your doctor has asked you to get a test called a polysomnogram.

A polysomnogram is a continuous recording of selected body functions during sleep, including brain waves, eye movements and muscle tone. Together, these body functions help determine whether you are in light sleep, deep sleep or rapid eye movement (REM) sleep. In addition, your breathing, oxygen level, respiratory effort, heart rate, sleep movements and sounds will be monitored to get a full picture of how you sleep. In some cases, you will need to be videotaped while you sleep, but this is not necessary most of the time.

During the polysomnogram, sensors are placed on your head, face, chest and legs. These sensors send tiny electrical signals to a computer while you sleep. The information can help your doctor determine if you have a sleep disorder, such as sleep apnea.

Preparing for Your Study

A representative from Penn Sleep Center will call you to ask some questions and give you information regarding your sleep study. You will receive information about your study's location, parking, arrival time and what you should bring to your study.

Please let this representative know if you have any special needs, such as oxygen or wheelchair use, or if you require an assistant to stay with you during the study.

PLEASE NOTE: Penn Sleep Center will contact you three days before your sleep study to confirm your appointment and answer any questions you may have. If you must cancel, please call at least 48 hours in advance. (If you are scheduled for a study on a weekend, please call prior to 12 pm on Friday. The office is closed on Saturdays and Sundays.)

