

# Sleep Study

A sleep study checks for sleeping problems. It is a 6-8 hour recording of your brain activity, heart rate, leg movements, oxygen levels and breathing while you sleep. The test is scheduled in the evening and you stay overnight.

## Common Sleep Disorders

- A hard time sleeping
- Sleep apnea where you stop breathing at times during sleep
- Snoring
- Daytime sleepiness
- Awakening with screaming, confusion or panic

If your study shows that you have a sleep disorder, you may be scheduled to come back for a second night to find the best treatment for you.

## The Day of Your Study

- Wash your hair and be sure it is dry before you come for your study. Do not use any oils, sprays, gels, mousse or lotions on your clean hair.
- Do not take any naps.
- Avoid caffeine and caffeine-free cola, coffee or tea.
- Take all of your medicines on your usual schedule unless otherwise told by your doctor. Bring any medicines with you that you need to take during your time in the sleep lab.
- Eat your normal diet. If you need a snack at bedtime or when you wake in the morning, bring the snacks with you.
- You may also want to bring:
  - Something comfortable to sleep in
  - Toiletry items
  - A change of clothing
  - Anything else you feel you need for an overnight stay, such as a book, magazines, or tape or CD player

# Daraasadda Hurdada

Daraasadda hurdadu waxay hubisaa dhibaatooyinka hurdada. Waa duubidda 6-8 saac ee hawsha maskaxda, xaddiga garaaca wadnaha, dhaq-dhaqaaqa lugaha, heerarka ogsijiinta iyo neefsashada inta aad hurdeyso. Baaritaanka waxaa loo qorsheeyey fiidka waxaadna joogeysaa habeenka oo dhan.

## Hurda la'aanta ugu Badan

- Hurdada oo kugu adkaata
- Hurdo ku neefsan waaga halkaasoo aad mararka qaarkood joojineyso neefsashada inta aad hurdeyso
- Khuurin
- Hurdadda maalintii
- Qaylo lala soo kaco, jahawareer ama naxsanaan

Haddii daraasaddaadu muujiso in aad leedahay hurda la'aan, waxaa laga yaabaa in lagu qorsheeyo in aad u soo noqoto habeen labaad si laguugu helo daaweynta ugu wanaagsan.

## Maalinta Daraasaddaada

- Timaha iska dhaq isla markaana xaqiiji in ay engegan yihiin ka hor inta aadan u imaannin daraasadda. Timahaaga nadiifka ah ha u isticmaalin wax saliid ah, daawada timaha lagu buufiyo, jel, xunbo ama looshan.
- Wax hurdo gaaban ah ha soo qaadan.
- Ka fogow kafeyiin iyo koollada kafeyiintu ka madhan tahayba, qaxwada ama shaaha.
- Daawooyinkaaga oo dhan sida caadiga ah u qaado ilaa inuu si kale takhtarkaagu kuu sheego mooyaane. La imow wixii daawooyin ah ee laga yaabo in aad u baahato in aad qaadato waqtiga aad huruddo shaybaarka.
- Cun cuntadaada caadiga ah. Haddii aad u baahan tahay cunto fudud waqtiga aad seexanayso ama marka aad toosto subixii, keenso cunto fudud.
- Waxaa sidoo kale laga yaabaa in aad dooneyso in aad keensato:
  - Wax aad ku seexato oo kuu fiican
  - Waxyaabaha musqusha loo isticmaalo
  - Dhar aad ku beddelato
  - Wax kasta oo kale oo aad daremeyso in aad u baahan tahay habeenka aad joogto, sida buug, majallad, ama rikoodh cajalad ama CD

## **During Your Study**

You will sleep in a room that has monitoring equipment. The staff will watch you from another room and be able to talk to you through a speaker.

Small patches called electrodes are placed on your scalp, chest and legs. Other equipment may include:

- A pulse oximeter clipped to your finger to check your oxygen levels
- An elastic band placed around your chest and stomach to check your breathing
- An airflow sensor taped under your nose to check air movement

Try to sleep like you do at home. You will have little or no discomfort during the sleep study.

## **After Your Study**

The equipment will be removed and the electrodes will be taken off your skin. There may be some paste left in your hair. Wash and comb your hair with a fine tooth comb to remove it.

Results of your study will be sent to your family doctor. Your doctor will share the results with you.

**Talk to the staff if you have any questions or concerns.**

## **Muddada ay Daraasaddaadu socoto**

Waxaad seexan doontaa qol leh qalab lagaa daawanayo. Shaqaaluhu waxay kaa daawan doonaan qol kale waxayna awoodi doonaan in ay kugula hadlaan samaacad.

Gaballo yar yar oo loo yaqaanno elektaroodis ayaa lagaa saarayaa maqaarka madaxa, laabta iyo lugaha. Qalabka kale waxaa ka mid noqon kara:

- Mitirka (pulse oximeter) garaaca wadnaha oo lagu dhejinayo fartaada si uu u hubiyo heerarka ogsijiinta
- Laastiko ayaa lagaa saarayaa laabta iyo caloosha si loo hubiyo neefsashadaada
- Dareeme socodka hawada ayaa sharooto lagula dhejinayaa sankaga hoostiisa si loo hubiyo dhaq-dhaqaaqa hawada

Isku day in aad u huruddo sida gurigaaga adigoo jooga oo kale. Waxyar oo lur ah ama lur la'aan ah ayaad la kulmi doontaa muddada daraasadda hurdada.

## **Daraasaddaada ka Dib**

Qalabka ayaa lagaa saari doonaa elektaroodhada na maqaarkaaga waa laga fujin doonaa. Waxaa laga yaabaa in xoogaa xanjo oo kale ah ay ku haraan timahaaga. Iska dhaq oo ku shanleyso shanlo yar si ay kaaga fujiso.

Natiijooyinka daraasaddaada waxaa loo soo diri doonaa takhtarkaaga qoyska. Takhtarkaagu wuxuu kaala hadli doonaa natiijooyinka.

**La hadal shaqaalaha haddii aad wax su'aalo ama walaac ah qabtid.**