

AFTER YOUR HOME SLEEP STUDY

What happens next?

The sleep technician will review your test and prepare a report for the doctor. Next, the sleep physician will interpret the data. He will order additional testing or a breathing machine if you are diagnosed with obstructive sleep apnea.

What if my test results are normal?

If your sleep study did not show obstructive sleep apnea, you should still follow up with your sleep physician. You can discuss what next step is best for you.

What if I have obstructive sleep apnea?

PAP machines

CPAP (“see-pap”) is the most common treatment for sleep apnea. CPAP stands for continuous positive airway pressure. CPAP uses pressurized air to keep your airway from closing. Most CPAP masks fit over your nose, although there are many different types of masks.

The doctor may prescribe **APAP** (auto positive airway pressure, or “auto-PAP”). While CPAP is set at the same pressure for the whole night, APAP pressure may change many times during the night. The machine can tell when you are snoring or having breathing problems and will change its pressure to try to help you breathe better.

Titration tests

If the physician suspects that APAP may not work well for you, you may be asked to come into the lab for a CPAP titration test. **CPAP titration tests** allow us to monitor your sleep more closely and find a more specific therapy for you.

During the CPAP titration test, the airflow may feel different at different times.

We usually start the test at the lowest possible setting. If you snore or struggle to breathe, your technician would increase the airflow. Different people need different settings. The sleep doctor decides which settings you should use at home.

Questions? Give us a call at 217-366-2222.

