

About our CPAP Comfort Clinic

If you have been using a CPAP unit and don't wear it all the time because it's just not comfortable, this program can help you make the most of your therapy while maximizing your comfort. We will show you how to increase your comfort level by optimizing your room setup, along with proper choice and adjustments to your mask and CPAP device.

CPAP desensitization is a physician-prescribed service.



Ask us about Actigraphy

For certain sleep disorders, an overnight stay may not be necessary. Sometimes your doctor can prescribe the Actigraph. You wear this watch-like sensor for about a week as it automatically collects data about your wake and sleep patterns.

Visit us ahead of time



If you would like to visit the Center prior to your study, we are available to show you around any weekday during normal business hours. Just call ahead at 907-1774 to schedule a time and date to come in for your tour and have your questions answered by a registered sleep technologist.

To find us



The St. Joseph Hospital Center for Sleep Medicine is one block from the Center Street entrance to St. Joseph Hospital, on the opposite side of the street. There is convenient parking at the rear of the building.

A note about families

The Center for Sleep Medicine does not provide overnight accommodations for family members, however, we have a list of area hotels which offer discounted rates to patients of St. Joseph Healthcare and their families. Please feel free to contact us in advance of your appointment for more information.

Center for Sleep Medicine



268 Center Street, Bangor, Maine • 207-907-1774

Rev. 9/2010

Questions & Answers About your Sleep Study



St. Joseph Hospital Center for Sleep Medicine



st. joseph healthcare
St. Joseph Hospital
In the Spirit of Healing

*Sponsored by Covenant Health Systems
Founded by the Felician Sisters*

www.stjoeshealing.org

Do you often have problems sleeping? Do you feel tired most days of the week? Your doctor may suggest that you have a sleep study. It can help diagnose a sleep disorder such as sleep apnea or narcolepsy. This brochure is designed to answer some specific questions about what to expect when you come to St. Joseph Hospital's Center for Sleep Medicine.

Your visit to the Sleep Center...



Arrival time at the Center for your test is 7 p.m. You will have plenty of time to change into your night clothes and get ready for bed as you would at home. If you wish, you may read or watch television or a video before you go to sleep, but we ask that you turn the lights out no later than 11 p.m.

While you sleep, the sleep study will monitor all stages of your sleep including eye movements, your heart rate, snoring, or sudden leg or body movements.

If you have to awaken in the morning at a certain time (i.e. to go to work), please let the technician know and he/she will be sure to wake you on time. Shower facilities are available at the Sleep Center. Toiletries will be provided, but you may bring your own.

Questions & Answers...

Why do I need a sleep study?

Everyone experiences sleep problems from time to time. If you have sleep difficulties that last longer than a few weeks, you may need a sleep study. Talking with your healthcare provider can help. If you are having difficulty sleeping, try keeping a daily sleep diary for a couple of weeks by writing down the time you wake and the time you go to bed and anything that may seem to affect your sleep. If this doesn't work, your healthcare provider may recommend that you see a sleep specialist and get a sleep study.

How will I be able to sleep in an unfamiliar environment with all those wires on me?

Our pleasant and friendly staff will make your visit to the Sleep Center as comfortable as possible. We have decorated each of the bedrooms with home-like decor for your comfort, including a television and DVD player. We recommend that you try to relax as best you can, knowing that the equipment and technicians are in a separate room located down the hall from where you sleep.

Before your study, ask your physician if you should plan on taking your regular medications. You may also need to avoid some or all of the following before visiting the Center for your study:

naps ● caffeine ● alcohol

After my sleep study

What happens after my sleep study?

The results of your sleep study are interpreted by a pulmonary physician who will make a recommendation to your healthcare provider based on the findings of your study. You may have a follow-up visit with your physician to discuss the results of your study. Sometimes, additional procedures are needed to establish a diagnosis. Your healthcare provider will inform you if this is necessary.

What are some kinds of sleep disorders?

Obstructive Sleep Apnea: Obstructive Sleep Apnea (OSA) is usually caused by a blockage (obstruction) in the nose or mouth that obstructs airflow during sleep. Other factors such as smoking or obesity often contribute to OSA. It is most common in overweight, middle-aged men, but it can affect people of any age, including children.

Restless Leg Syndrome: RLS is typically described as a "creepy, crawly" sensation that occurs in the legs while sitting or lying still particularly at bedtime. RLS occurs while you are awake but can also occur while you are sleeping. The constant need to stretch or move your legs can often keep you from falling asleep or staying asleep.