



Diagnostic Sleep Study/ PAP Titration Study



Changi
General Hospital

SingHealth

What is a diagnostic sleep study?

A diagnostic sleep study is a test used to diagnose various sleep disorders, it records a patient's sleep patterns, breathing and movements during their sleep.

The test is conducted in a sleep laboratory where monitoring sensors are attached to the patient to record the following:

Sensor Placement	Measurement
➤ Scalp	Brain waves
➤ Eyes	Eye movements
➤ Upper lips	Air-flow
➤ Chin	Teeth grinding
➤ Chest	Heart rate
➤ Chest and abdomen	Breathing effort
➤ Index finger	Oxygen level
➤ Legs	Limb movements

What is a PAP titration study?

A PAP titration study is performed after an initial sleep study to get the required pressure on the PAP machine so as to stop obstruction breathing events and snoring. The study comprises of a diagnostic sleep study set-up together with the use of a PAP machine and mask.



What should I bring?

- Admission form
- Own sleepwear (hospital pyjamas will be provided)
- Toiletries
- Prescribed medication/nasal spray
- Own pillow/bolster as well as reading materials (optional)
- CPAP mask (only for PAP titration)



What should I avoid on admission day?

- Hair-styling products
- Creams/lotions on body/face
- Having afternoon naps
- Caffeine/alcohol



What to expect on the day of the sleep study:

- Please report for admission at **Patient Service Centre**, located at Changi General Hospital (CGH), Main Building at **1930 hrs**
- An orientation of the sleep laboratory will be given
- Setting up of sensors on you will take around 30-45 mins
- We will switch off the lights at **2200 – 2230 hrs** so that you can have a good night's sleep
- The study will **end at 0600 – 0630 hrs the next day**
- Breakfast will be served at 0830 hrs and you can leave before 1100 hrs after the sensors have been removed
- The **discharge summary, hospitalisation leave** and **next follow-up appointment** will be given to you before you leave the sleep lab
- Your doctor will go through the sleep study report with you at the next follow-up appointment

***Please note that dinner will not be provided. To make changes to your appointment, please call the CGH Appointment Centre at 6850 3333.**



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CGH Appointment Centre

For appointments and enquiries,
please call: (65) 6850 3333

Operating hours:

8.30 am to 8.00 pm (Monday to Friday)

8.30 am to 12.30 pm (Saturday & Sunday)

Closed on Public Holiday

For more information, please visit www.cgh.com.sg



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Information is valid as of February 2019 and subject to revision without prior notice.

All information provided within this publication is intended for general information and is provided on the understanding that no surgical and medical advice or recommendation is being rendered.

Please do not disregard the professional advice of your doctor.