

Split PSG

A split polysomnography is a test that is usually ordered for adults as a first-time study or if a patient has not been evaluated for several years and does not use their therapy at night.

This study monitors many body functions including brain activity, eye movement, muscle activity and heart rhythm during sleep. If the patient qualifies and presents moderate or severe sleep apnea during the first part of the night, the patient will be placed on continuous Positive Airway Pressure (PAP) therapy in an attempt to determine the optimal pressure that will eliminate sleep disturbances.

Titration PSG

A titration is performed to determine the necessary CPAP pressure required to alleviate apnea or other sleep disorders such as snoring.

This study monitors the same body functions as the PSG while the patient is using CPAP.

This test is ordered once a patient has already qualified for CPAP therapy, but requires that the patient is a routine user of their machine or qualified for therapy within the last two years.

Adult PSG

An adult polysomnography is a general monitoring including brain activity, eye movement, muscle activity, and heart rhythm. This study is performed without the initiation of CPAP therapy during the night.

Pediatric PSG

A pediatric polysomnography is a general monitoring including brain activity, eye movement, muscle activity, and heart rhythm. This study is performed without the initiation of CPAP therapy during the night. This study can include ETCO2 monitoring.

MSLT

Multiple Sleep Latency Testing (MSLT) is a daytime nap study that tests for narcolepsy or other forms of hypersomnia. This study may also be performed in conjunction with a PSG the night before.

This test is to assess how quickly a person is able to fall asleep during the day after a typical night of sleep.



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MWT

The multiple of wakefulness test is used to measure how alert a person is during the day. The patient sits in an isolated room without noise, bright light or any activity. A low wattage night light is placed in the room and the patient is to try and remain awake for a period of 20 minutes with two hour intervals.

This test is commonly ordered for public transportation and safety professions to ensure the person is able to remain alert while performing their jobs.

Nocturnal Oximetry Study

This test is used to monitor a patient's oxygen levels and heart rate at night. This test may be ordered to assess current oxygen use in the home or to evaluate the need for oxygen at night.

Oximetry at Rest and with Exercise

This test is used to monitor a patient's oxygen levels and heart rate during the day. A patient will perform this test at rest, sitting down, and with exercise to assess the need for oxygen during the day.

It may be ordered to assess current oxygen use or evaluate the need for oxygen during the day.

ApneaLink

This test is used to monitor a patient's oxygen levels and heart rate during the night. An ApneaLink is similar to a nocturnal oximetry; however, the ApneaLink provides doctors with additional screening signs that indicate the possibility of sleep apnea at night.

Sleep Consultation

A patient may be referred to meet with one of our board certified sleep specialists to assess the patient's sleep complaints and make appropriate recommendations. Possible recommendations include a better sleep lifestyle, habits, medication control, or a sleep study.

Our sleep specialist will be responsible for following up with the patient to assess the patient's progress.

Follow-up Consultation

Patients may follow up with our board certified sleep specialists after their sleep study is performed. Our sleep specialists may then make appropriate treatment recommendations and order any therapy, if needed.



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