

# About Sleep Study Polysomnography (PSG) test

Name :

The date of Sleep Study : / /  
month (月) day (日) year (年)

**Please come to the Clinic by 6:30 pm.**

**( after finishing dinner and a bath )**

## Things to bring

※ Please bring a Patient ID card when you come

- Insurance card
- Patient ID card
- Inspection fee
- Medicine
- Pillow (※If you can't sleep with another pillow please bring a your own pillow.)
- Night wear (pajamas)
- Towel (※ Nightwear and towels can be borrowed for a fee.)
- **water** (※There are no water service and vending machine in the room)

- Please wash your face and head before coming clinic.
- Please remove manicure, nail extension.
- Please shave your beard.
- Please remove wigs.
- If necessary, bring foods.

Please don't drink any caffeine-containing beverages, alcohol after lunch on the day of the study.

## Flow of the day

### ① Registration

Interview : We will check your physical condition.

Description : We will explain the inspection.  
We will make an appointment for the result explanation.

Accounting : Please pay the inspection fee.  
We accept credit card or cash.

### ② Laboratory room

All rooms are private rooms.  
The toilet and bathroom are shared with other people.

### ③ PSG test

Test start : 8:00 pm ~  
Test finish : 5:00 am ~ 6:00 am

### ④ Close the test

After the test finished, you are free to go home.  
The rooms are available until 8:00 AM.

## Notice

- ◎ If you are sick, you can delay the test schedule.
- ◎ Please bring the necessary medicine. Medicine is not prepared here.
- ◎ When the patient is child, mother or father should stay with.
- Please tell us who has been rash with alcohol or tape.
- **When you wish to change the test date or cancel the test, please call to us. Please tell me your Patient ID number first when making a call.**



[From 9:00 am to 5:00 pm]

[After 5:00 pm]

TEL : 098-870-6600 / 098-870-6603

### ● About waiting for cancellation

If an appointment becomes canceled, we will contact a person who is on the top of the waiting list.

## About sleep study

### What is PSG?

It checks your sleep over night.

### Why is PSG performed?

It helps us evaluate the cause of excessive daytime sleepiness, insomnia occurring during your sleep.

### How is it performed?

We put on the sensors to your head, face, body and legs.



Several electrodes are placed on your head and face.  
(頭部や顔面にいくつかのコードを装着)

Elastic belts are placed around your chest and abdomen to measure your breathing.  
(呼吸測定のために胸部と腹部にベルトを装着)

a probe is taped to your finger to measure the oxygen saturation of your blood.  
(血中の酸素濃度を測定するために示指にプローベを装着)

the electrodes are placed on your leg.  
(下肢にコードを装着)



**Nakamura Clinic**  
**Sleep Respiratory Center**

## About sleep study

Polysomnography (PSG) is a test that records a variety of body functions during sleep, such as the electrical activity of the brain, eye movement, chin movement, air flow from the nose, heart rate, chest and abdominal movement, blood oxygen levels via pulse oximeter, snoring and leg movement. These tests are used both to diagnose sleep apnea and to determine its severity.

Tests are conducted in a study room much like a motel room. A technician will paste electrodes at certain points on your head, face, body and legs. It takes about 30 minutes to attach all electrodes. These electrodes will be connected to monitoring equipment that will record the results during entire night.

It is necessary to take 8-hour sleep in order to obtain a better result. However, if you are short sleeper, please let technician know about that.

At the end of the study the electrodes will be taken off and you will be free to go around 6:00 in the morning. **Please call a technician when you go to a restroom** as many electrodes are attached on your body. **Please also call a technician for being not able to sleep.** A sleeping pill might be given to get a better sleep.

A scoring technician will analyze your sleep study and the physician will review the results. One week later you will be seen by a physician who explains the test results for you.

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Your Authorization expires ( on / )

/ : Sleep study ← Please bring a new Authorization form

please ensure your expiration date, when you change an appointment

you can not take a medical consultation after the expiration date.

you need to extend expiration date.

Please Contact Provider Ask for New Authorization form

Please bring a new Authorization Form to the second floor by 6:30PM

## results

We will send the test results directly to TRICARE

You can come to the clinic any time,  
if you would like to talk to a doctor about the results.

### ★Reception hours

**AM : 8:00 - 12:00**

**PM : 13:30 - 17:00**

**※ Closed on Saturday afternoon, Sunday, national holiday**

**※ Only Dr.Hiroshi Nakamura, First come, First served.**