

## Sleep Study

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### What is a Sleep Study?

A sleep study, also known as polysomnography, is a non-invasive diagnostic procedure used to monitor and analyze your sleep patterns. It provides valuable insights into your nighttime behaviors, helping identify potential sleep disorders and their underlying causes.

### Why do I need study?

You may need this test if you have any of the following symptoms:

- Chronic Snoring
- Daytime Sleepiness
- Sleep Apnea
- Insomnia
- Restless Leg Syndrome (RLS)
- Sleep-related Movement Disorders
- Periodic Limb Movement Disorder (PLMD)

### What to Expect?

Sleep studies can be conducted in two ways:

- Sleep Lab Study: You'll spend the night one of our comfortable sleep lab rooms where sensors will be applied to monitor your sleep. A trained technologist will be present to observe and ensure accurate data collection.
- At-Home Sleep Study: In some cases, a simplified sleep study can be conducted at home. You'll receive a portable sleep monitoring device to wear while you sleep. It records data that will be analyzed by sleep specialists.

Both types of sleep studies are safe and painless. Your sleep study results will be carefully analyzed by specialists, and your ENT will use the findings to determine the best treatment plan tailored to your specific sleep needs.

