

Dear Pre-Op Patient,

Your doctor requested that you have a sleep study prior to your surgery. Please review this document to help answer some of your questions.

Why did my doctor refer me for a sleep study?

Based on your medical history, symptoms and exam, there is a high likelihood you may have obstructive sleep apnea. People who have obstructive sleep apnea may be at an increased risk for complications after surgery, such as requiring more pain medication and increased risk for respiratory complications such as prolonged intubation and prolonged hospital stay. Using CPAP before and after surgery can decrease those risks.

What is obstructive sleep apnea (OSA)?

OSA is a disorder that causes your airway to partially or completely obstruct while you sleep. It is a very common condition. The only way to know if you have OSA is to do a sleep study.

What is the next step?

Our sleep medicine doctors will review your medical history and determine the best test for you. You will be asked to complete either a home sleep test or a sleep study in one of your sleep labs. We will contact you to schedule the study.

What is a sleep study?

It is a test during which we monitor your breathing, oxygen levels and other parameters while you sleep. We will then review the study and will be able to determine if you have obstructive sleep apnea. We will either call you with the results, or if you are signed up for My Chart, we will send you a message on My Chart.

What if I am diagnosed with obstructive sleep apnea?

Most likely, we will order Continuous Positive Airway Pressure (CPAP) and a supply company will contact you to get you started on it and show you how to use it. You should use your CPAP machine before and after your surgery.

What is a CPAP machine?

CPAP uses air pressure to keep the airway open. It is often the most effective treatment for OSA and works well for many people.

Do I need to be seen in the sleep medicine clinic?

We will need to see you in our clinic about 6-8 weeks after you receive your CPAP machine. Please be sure to schedule your consultation appointment as soon as possible.

Where can I get more information on obstructive sleep apnea?

<http://www.sleepapnea.org/resources/index.html> and <http://www.sleepeducation.com>

What number can I call if I have questions about scheduling my appointments?

(313) 916-4417

Thank you for choosing the Henry Ford Health System and the Sleep Disorders Center,
Sleep Medicine Team