

Location

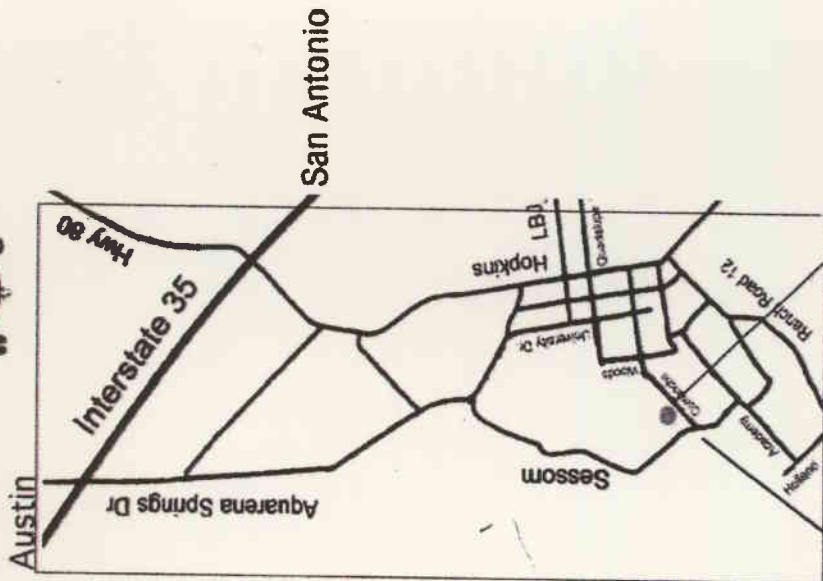
The Texas State Sleep Lab is located in the Health Professions Building at Texas State University - San Marcos in San Marcos, Texas. Covered parking is available in a parking garage adjacent to the Health Professions Building with easy access to the north door. Directions to the Health Science Center are provided on the back of this brochure.

On the evening of your sleep study, arrive at the sleep lab at your designated time. As you enter the Health Professions Building door from the parking garage, turn right into the main hallway, past the elevators and the sleep lab will be the **third door** on the right. You will see the Sleep Lab sign clearly marked above the door. Please come in and have a seat in our reception area. Our sleep technician will meet you there.

For additional information contact:

Texas State Sleep Lab
Department of Respiratory Care
College of Health Professions
Texas State University-San Marcos
San Marcos, Texas
512/245-8243 (appointments)
512/245-4274 (technician)

Texas State University-San Marcos is a member of the
Texas State University System.



San Antonio



Texas State Sleep Lab

Department of
Respiratory Care

College of
Health Professions

Texas State University-
San Marcos

San Marcos, Texas



Texas State Sleep Lab is a diagnostic center dedicated to the treatment and diagnosis of sleep disorders. Currently affiliated with SleepMed Diagnostic Center in Austin, the lab offers a variety of diagnostics tests for patients suffering from chronic sleep difficulties. Upon physician referral, patients are scheduled for a sleep study to determine their sleep baseline characteristics and to document any difficulties during sleep. According to standards of practice, patients are monitored in a variety of ways, including EEG/brain waves, EKG/heart rate, EOG/eye movement, EMG/muscle tension, sensing airflow/breathing, respiratory effort and oximetry/ blood oxygen levels.

Why record all these things?

During sleep, the body functions are different than while awake. Disrupted sleep can disturb daytime activities and may cause medical problems during sleep

that can increase the risk of your basic health.

How can I sleep with monitors attached to me?

Surprisingly, most people will sleep the way they usually do at home. During your normal time to sleep, a sample of your sleep patterns will help diagnose any sleep disorders. The body sensors are applied so that you may easily turn and move in your sleep as you normally would. The procedure is “non-invasive” meaning there are no needles involved and the procedure is painless. Our staff will try to make your sleep experience as comfortable as possible. Remember, this is not a test—only a sample of HOW you sleep.

Will the electrodes or sensors hurt?

No! Your skin will be rubbed while the electrodes are attached. Generally, this does not cause any significant discomfort.

Will someone be available if I need assistance in the night?

Although you will have complete privacy, a sleep technician will be monitoring your sleep and is able to assist you through the entire study. A private bathroom is provided in each bedroom for your convenience. An intercom system in the room allows the sleep tech to hear any spoken request for assistance during the night.

Will I be given a drug to help me sleep?

No. In fact, we prefer that you not take over-the-counter sleeping medications for at least eight days before your study. Prescription medication should be taken as ordered by your physician. It is also important to avoid alcohol and excessive caffeine on the day of your study.

What if I have difficulties sleeping?

Feel free to bring your favorite pillow, tooth brush and comfortable sleep wear. A sleep technician will be monitoring your sleep as the study is being performed. Any sleeping problem that might arise during the night will be monitored and documented. Remember this is not a test, just documentation of your sleeping habits. Your physician may also order a breathing device to be used during your sleep study to see whether it may help you sleep better. The sleep technician is trained to fit you with this device and will document the results of your sleep with its use.

