

What Is Obstructive Sleep Apnea?

Obstructive sleep apnea (OSA) is a sleep-related breathing disorder that involves a decrease or complete halt in airflow despite an ongoing effort to breathe. It occurs when the muscles relax during sleep, causing soft tissue in the back of the throat to collapse and block the upper airway. This leads to partial reductions (hypopneas) and complete pauses (apneas) in breathing that last at least 10 seconds during sleep. Most pauses last between 10 and 30 seconds, but some may persist for one minute or longer.

What is Central Sleep Apnea?

Central sleep apnea is a disorder in which your breathing repeatedly stops and starts during sleep. Central sleep apnea occurs because your brain doesn't send proper signals to the muscles that control your breathing. This condition is different from obstructive sleep apnea, in which you can't breathe normally because of upper airway obstruction. Central sleep apnea is less common than obstructive sleep apnea.

What Is an overnight home oximetry test?

Overnight (nocturnal) home oximetry is a test to monitor and record the level of oxygen in your blood as you sleep through the night at home. With this test, an oxygen sensor is clipped to your finger and connected to a machine called an oximeter. The oximeter measures and records your heart rate and the level of oxygen carried in your blood (your oxygen saturation or O₂ sat).

Why a patient needs this test?

There are two common reasons that your doctor may recommend overnight home oximetry:

- As part of an initial evaluation to screen for obstructive sleep apnea (OSA) and to determine the urgency for consultation. (OSA is a condition in which you briefly stop or reduce your breathing while you sleep. When this happens, the level of oxygen in your blood may drop, which will be measured and recorded on the oximeter.
- To assess your need to start, continue, or increase home oxygen for various conditions.

What is a Diagnostic Sleep Study?

Polysomnography, also called a sleep study, is a test used to diagnose sleep disorders. Polysomnography records your brain waves, the oxygen level in your blood, heart rate and breathing, as well as eye and leg movements during the study. This study is used for diagnosing a patient with a possible sleep disorder.

What is a CPAP Titration Study?

CPAP is a common treatment used to manage sleep-related breathing issues like Obstructive Sleep Apnea. The purpose of a CPAP titration study is to calibrate a CPAP machine to ensure the patient's therapy is successful. In some cases, moderate or severe sleep apnea can be discovered or suspected during the first part of the night's study, the second half of the night is used to determine the necessary CPAP pressure required to alleviate apnea. This is called a **Split-night sleep study**.

MSLT?

MSLT is used to diagnose narcolepsy and to measure the degree of daytime sleepiness. It measures how quickly you fall asleep in quiet situations during the day. It also monitors how quickly and how often you enter REM sleep. To ensure accurate results, it is performed on the morning following a diagnostic overnight sleep study.

What is an Inspire Sleep Study?

Inspire is a hypoglossal nerve stimulator surgically implanted by an ENT doctor as an alternative to CPAP therapy for the treatment of obstructive sleep apnea. Inspire works inside your body while you sleep. It's a small device placed during a same-day, outpatient procedure. When you're ready for bed, simply click the remote to turn Inspire on. While you sleep, Inspire opens your airway, allowing you to breathe normally and sleep peacefully.

<https://www.inspiresleep.com/>