

Information about the Sleep Study

You have received sleep-monitoring equipment to take home. We have sent you an SMS with a link to a video demonstration on how to set up the equipment. Put the equipment on right before you go to bed. Return it to the hospital where you received it the next morning at **08:00 (Drammen Hospital) or 08:30 (Ringerike Hospital)**. It is important to adhere to the return times, as the equipment will be issued to new patients later that day. You will have an appointment with an ENT specialist after the sleep monitoring. If you live far from Drammen, you will be admitted to the hospital for the endurance of the sleep study, and the doctor's appointment will take place before departure the following day.

You will have a sensor to measure oxygen levels and pulse placed on the middle finger of your left hand. Please remove any nail polish or artificial nails from this finger.

Is snoring dangerous?

Isolated snoring is usually harmless. Snoring that only disturbs a bed partner and others, is termed social snoring. When breathing pauses occur, there is a suspicion of obstructive sleep apnea, a condition that requires treatment.

OSA – Obstructive Sleep Apnea Syndrome

Investigating breathing patterns during sleep is an important part of diagnosing snoring and sleep apnea. Obstructive sleep apnea is characterized by several symptoms, with frequent breathing pauses (apneas) during sleep being the most notable. When these pauses last longer than 10 seconds, they negatively impact health. Breathing pauses can cause blood oxygen levels to drop and are associated with cardiovascular diseases. OSA also disrupts sleep stages, resulting in poor sleep quality and a feeling of never being fully rested. Increased daytime fatigue makes individuals with sleep apnea more likely to be involved in traffic accidents.

A thorough examination of your sleep pattern is crucial for accurate diagnosis and appropriate treatment. This is why you are undergoing a sleep study. You will receive the results of the study at your scheduled medical appointment.

Best regards,
Department of Otorhinolaryngology & Head and Neck Surgery
Drammen Hospital
Vestre Viken Health Trust