



Split-Night Sleep Studies

Your physician may have ordered a split-night sleep study for you. The purpose of this split-night study is to accomplish both diagnostic and treatment phases of testing in one session, preventing the need for a second study.

At Ascent Sleep & Weight, when a split-night study is ordered, we make every effort to accomplish this. Unfortunately, this is not always possible. In order to complete the diagnostic phase of testing and move to the treatment phase, several things have to happen, they are as follows:

- 1** Set amount of time must occur. For most insurance plans this is a minimum of two hours. Some However, require more time for the diagnostic phase.
- 2** A set number of apneas, hypopneas and arousals must occur. These are various types of disruptions to your breathing. A minimum number must be met to be considered a valid diagnostic study.
- 3** Most of these disruptions occur during our REM (dream stage) sleep. These periods occur approximately every 45 to 90 minutes. If the onset, or duration of these REM periods are not sufficient, often a diagnostic decision cannot be made, and the treatment phase cannot be initiated.
- 4** We have to be very cautious. If the sleep technician terminates the diagnostic portion of the study prematurely without enough of the above noted events, then the test is not valid, and your insurance will not pay for further testing or treatment. For this reason, our technicians are required to be certain of a positive outcome before beginning treatment.



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