

INDICATIONS FOR A SLEEP STUDY

A. Symptoms:

It is difficult to state that a patient needs a certain number of symptoms before a study is indicated, but certainly a combination of a. and b. are very good indicators for the need for a sleep study.

1. The sleep apnea syndromes:

- a. Loud snoring
- b. Daytime somnolence
- c. Restless sleep
- d. Decreased intellectual capacity- such as forgetfulness
- e. Personality change- more irritable, etc.
- f. Sexual impotence
- g. Morning headaches
- h. Disturbed sleep- frequent awakenings
- i. Nocturnal enuresis
- j. Choking sensations with abrupt awakening from sleep
- k. Morning nausea

2. Physical signs:

- a. Obesity
- b. Neck size 17 inches or larger
- c. Systemic hypertension
- d. Cor pulmonale
- e. Congestive heart failure
- f. Sleep related cardiac arrhythmias
- g. Cognitive defects or psychiatric disturbance not explained by or out of proportion to the severity of underlying disorders; i.e. depression