

## UNDERSTANDING SLEEP APNEA

Obstructive sleep apnea is a common and serious sleep disorder that causes you to stop breathing during sleep. Sleep apnea can make you wake up in the morning feeling tired or unrefreshed even though you have had a full night of sleep. During the day, you may feel fatigued, have difficulty concentrating or you may even unintentionally fall asleep. This is because your body is waking up numerous times throughout the night, even though you might not be conscious of each awakening. Your provider has ordered a diagnostic sleep study for you to determine whether you have sleep apnea. This brochure is designed to familiarize yourself with the process.



**PULMONARY ASSOCIATES**  
OF LANCASTER

SLEEP DISORDER  
TESTING



**PULMONARY ASSOCIATES**  
OF LANCASTER

**Lancaster General Health Downtown Pavilion**

540 North Duke Street, Suite 244, Lancaster, PA 17602-2374

717.826.9770 • fax 717.945.5177 • [paldocs.com](http://paldocs.com)



## DIAGNOSTIC TESTING

Diagnostic sleep studies are performed either in a Sleep Lab or at your home. The In-Lab sleep study is more comprehensive and offers more technical data related to your sleep. Your provider will determine which test is appropriate for you. Your insurance company may also assist in determining which test will be done. Our office will contact your insurance company to obtain authorization for this study. Occasionally, insurance companies will not require authorization but may determine after the study is done that it is not medically necessary based on the outcome. If you are concerned about whether your sleep study will be covered, we encourage you to call your insurance provider.

After you have completed your diagnostic study and the results of your study have been interpreted, your provider will determine the next step in your treatment. If your study is determined to be undiagnostic, you will be scheduled to return to our office to determine what actions need to be taken next. If it is determined that you have significant sleep apnea, a CPAP titration will be ordered. You will be contacted by our office to schedule the titration. You will also be asked to pick a medical equipment company who will provide your CPAP equipment. A list of medical equipment vendors is included in this brochure for your use.

## CPAP TITRATIONS

To determine the best way to treat your sleep apnea, a CPAP titration will be performed. CPAP therapy (Continuous Positive Airway Pressure) assists in keeping your airways open while you sleep providing a constant stream of air through a mask or other interface. This therapy eliminates the breathing pauses and allows you to get a good night's sleep.

Each case of sleep apnea is unique so determining the CPAP pressure which eliminates your sleep related breathing issues is very important. The CPAP titration will allow the sleep technicians to adjust pressure during your overnight stay and determine which pressure best controls your sleep related breathing issues. Various masks and other interfaces can be trialed to make your transition to CPAP therapy as comfortable as possible.

After your CPAP titration has been completed and interpreted, your provider will order your new CPAP equipment. Most insurance companies require authorization for the equipment as well so you can expect about a 2 week delay from the time you have your titration until the time you receive your equipment. **If you do not have your equipment at the end of two weeks, please contact your equipment company.** If you are unable to get your delivery issues resolved with your equipment company, please call our Sleep Patient Line at 717-826-9775 so we can work with your medical equipment company to get your machine delivered.

Your machine will keep track of your CPAP usage. This report is required by some insurance companies to determine if payment will be made for your machine. You will need to return to see your provider in 6-8 weeks post-delivery of your CPAP machine to comply with these insurance requirements. **If you do not have a follow up appointment with us when you receive your machine, please call our Schedulers at 717-826-9776 to set up your follow up appointment.**

Some patients express concerns about having to sleep with a mask, the noise of the machine and how it will affect sleeping with your sleep partner. There are many interfaces available to deliver your CPAP treatment. Your medical equipment company is equipped to assist you with various interface options. If you are having issues with your equipment, do not hesitate to contact your medical equipment company or our office. Your comfort using your CPAP machine is an important element to successful therapy. Your machine is portable, quiet and can be easily moved when traveling. Your sleep partner will appreciate your treatment as well. Your sleep partner has endured listening to snoring and gasping while untreated and will probably get a better night's sleep while their partner uses their CPAP equipment.



## **PULMONARY ASSOCIATES** OF LANCASTER

### **CHOOSING A MEDICAL EQUIPMENT COMPANY**

While we cannot endorse any particular company, we are available to assist you in picking the company that will best suit your needs. We have provided a list of the equipment companies we have worked with in the past. Your choices may be limited depending on your insurance carrier as well.

### **Approved CPAP and Oxygen Equipment Providers:**

#### **Lincare**

2981 Hempland Road, Unit 3  
Lancaster, PA 17601  
Phone: (717) 291-5534

#### **Adapt Healthcare**

1176 Enterprise Court  
East Petersburg, PA 17520  
Phone: (800) 222-2438

#### **Apria Healthcare**

155 N. Donnerville Road  
Mountville, PA 17554  
Phone: (717) 285-7805

#### **Dynamic Healthcare Services**

35 Sarhelm Road  
Harrisburg, PA 17112  
Phone: (717) 657-2100

#### **Superior Oxygen**

438 N. Duke Street  
Lancaster, PA 17602  
Phone: (717) 509-0202

#### **Wellspan Medical Equipment Company**

1081 Sharp Avenue  
Ephrata, PA 17522  
Phone: (717) 733-0405