



## Post Sleep Study Follow Up Instructions

We hope your stay at West Region Sleep Center was pleasant. Here is some useful information that will help you better understand the process of obtaining the results of your sleep study, now that your sleep study is over.

Your completed sleep study information is collected on a computer which generates hundreds of pages of data and has to be analyzed by a sleep technologist. The information will be analyzed by a sleep technologist who will receive and score sleep stages, abnormal breathing events, heart rate, leg movements and snoring. The technologist will break down and tally all the information into a report that the interpreting physician will read.

The physician will review the information and actual data from your study. He will also review your medical history, symptoms and your sleep questionnaire and sleep diary. The physician will give a diagnosis and recommendations for treatment based on this information.

Approximately one to two weeks after your sleep test, please contact your referring physician for the results.

If you have any questions you can call West Region Sleep Center at 216-267-5933.

**Please remember only your physician can give you the results and the diagnosis from your sleep study.**

Thank you again for choosing West Region Sleep Center