

What Comes Next?

Important info for Active Duty, AD Family Members and Retirees:

What to expect after a Polysomnogram (PSG):

We hope you had a pleasant night in our clinic. Our sleep team will now begin to analyze and evaluate the information gathered during your sleep study. Our sleep technologist will first score your sleep study by marking your sleep stages and identifying any abnormal breathing or leg movements. Our physician will then review the results and make the diagnosis and recommendations.

How soon do I get my results?

A sleep study report usually takes between 10 - 15 working days to be completed. Some studies can be interpreted and sent out sooner if there is an urgent need. Your results will be sent to you by e-mail if you had signed our E-mail Agreement Form. Otherwise, it will be sent by post. A copy of your report will also be sent to Tricare and/or to your referring Physician.

Who do I need to see after I get my results?

Please schedule a follow-up visit with your referring physician at the Military Treatment Facility to discuss your sleep study results. Your physician will decide on the best course of action to treat your sleep problems.

If for any reason you are unable to get in touch with your referring physician, we will be more than happy to schedule a consultation with you and our Medical Director, **Prof. Dr. Hartmut Schneider**. For your convenience, this appointment could either be via telemedicine or in person.

If my report says I have sleep apnea - what comes next?

If CPAP therapy is found to be the best treatment for your sleep apnea, please call our clinic to schedule yourself for an **overnight CPAP titration study**. For Active Duty and AD Family Members: please check your authorization form's expiration date and the number of visits allowed. If you only have one authorized visit, please inform Tricare so that they can provide you with a new authorization form.

What is CPAP titration?

CPAP titration is a type of study used to calibrate continuous positive airway pressure therapy. The difference between this and your PSG is that this study involves you being connected to the mask and CPAP machine. We will be remotely adjusting the pressure you are receiving until a therapeutic level has been identified. That will be achieved once you no longer experience periods of arousal or wakefulness and had also stopped snoring.

What to expect after a CPAP Titration:

Once the titration study is complete, our physician has an optimal pressure reading to consider and will issue a prescription for a CPAP machine and mask for your use.

Please take note:

***For Active Duty and AD Family Members** – Your prescription will be sent to you and your referring Physician. Your Physician will then recommend a CPAP machine/supplies provider who will be dispensing your device/masks.

***For Retirees** – We will be sending the prescription to you and to the machine/supplies provider of your choice (**CVR** or **Res-Med**). They will then contact you to set up a CPAP/mask training appointment.