



Best Single Speciality Hospital in Cardiology
ICICI Lombard & CNBC TV18 India Healthcare Awards 2015,
for the third consecutive year



Best Cardiac Service in India
Frost & Sullivan, 2014

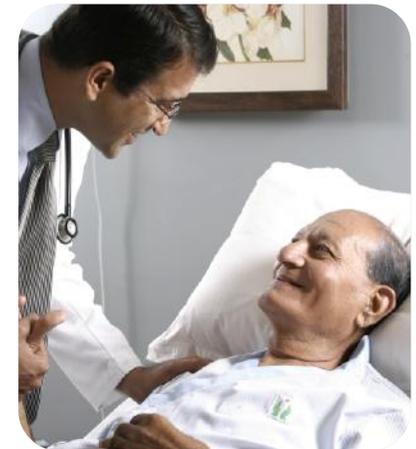
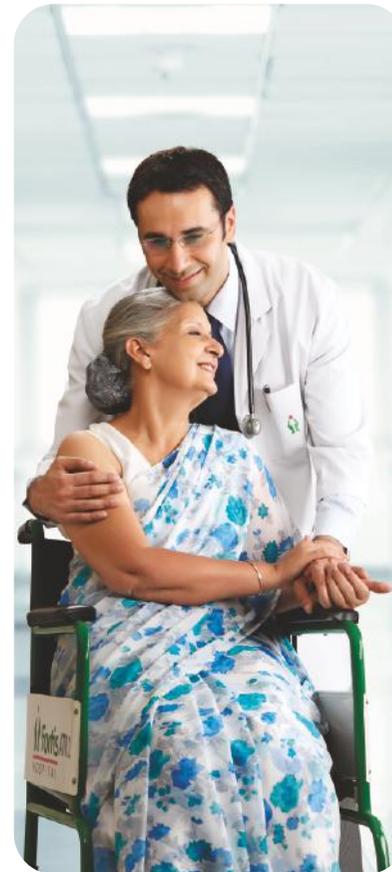
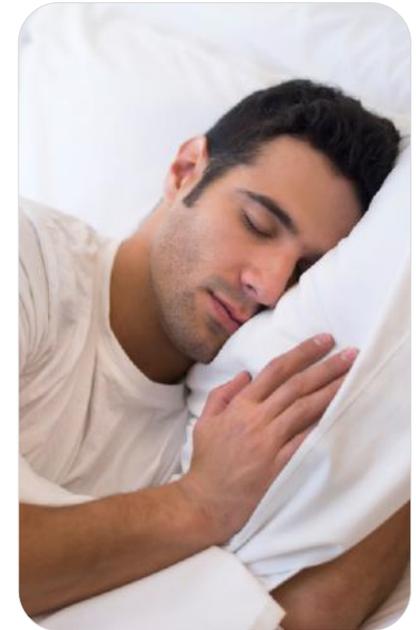
THEWEEK

Best Private Cardiac Hospital in India
The Week Magazine, 2014, 2015


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HEART INSTITUTE

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**INTRODUCTION
TO SLEEP STUDY**




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WHAT IS A SLEEP STUDY?

In a sleep study or Polysomnography, measurement of your bodily function including airflow, breathing and related parameters is done throughout your sleep at night.

WHEN DOES ONE NEED A SLEEP STUDY?

2

Sleep study may be asked by your doctor for diagnosis of one of the following common causes:

- 1) Sleep apnea
- 2) Insomnia (sometimes only), where doctors suspect sleep apnea or other night-time events leading to disturbed sleep
- 3) Recording of Sleep related movement like sleep walking, sleep talking, sleep terrors, night time seizures, dream-enacting behaviour, etc.

Type of Sleep Study:

Complete Sleep Study

This is a sleep laboratory based overnight polysomnography (PSG) assisted by a sleep technician where at least 12 different types of sensors including EEG, ECG, pulse oximetry, Abdominal and chest movement, nasal and oral airflow sensors, muscle sensors and snoring sensors are recorded.



Portable Sleep Study

This study is the same as Complete Sleep Study except that it can be done at your bedside at home/hospital. A split-night sleep study is where initial few hours will involve diagnostic study and later hours of sleep will involve optimization of PAP pressures.



Preparation for a sleep study:

A sleep study will require you to have a usual sleep under monitoring by various sensors and gadgets around you. We advise the following preparation for the same:

1. Keep regular routine as much as possible
2. Eat light dinner before reporting to the lab
3. Take your regular medications
4. Don't take large amounts of caffeine after lunch, this includes soda, coffee, tea, etc
5. Don't take a nap on the day of the test
6. Don't use creams, oils, or sprays on your hair or skin the day of your test

7. You may bring one attendant (accompanying person) with you

Usual Schedule on the night of the study:

1. Visit to sleep centre or lab technician visiting your place: 9pm
2. Putting up of sensors and explaining the procedure: 1 hour
3. Recording of sleep with/without use of PAP device: 6 - 7 hours

Reports of the study:

You will generally be provided with the reports of your sleep study in 2 days. This report will be discussed by your doctor with you.

3

WHAT TREATMENT DO I NEED TO TAKE IF MY RESULTS ARE POSITIVE FOR OSA?

Treatment usually involves Positive Airway Pressure (PAP) therapy which is the most effective therapy available for OSA. In addition, weight loss in case of obesity, regular physical exercise, stoppage of smoking and drinking alcohol are also advocated as adjunctive behavioural measures.

ABOUT THE DOCTOR

Dr. MANVIR BHATIA is a Senior Neurologist, Electro physiologist and Sleep Specialist. She is a director sleep medicine and senior consultant neurology at Fortis Escorts Heart Institute and Neurology & Sleep Centre, New Delhi. She is a co-director of the Ace School of Sleep Medicine for training physicians and paramedicals in field of sleep medicine.

She is one of the pioneers in developing the specialty of Neurophysiology and sleep Medicine in the country. She has more than 25 years of experience in these fields. Her Previous roles includes:

- Additional Professor and Incharge of Neuro-Electrophysiology, Sleep Medicine at AIIMS, New Delhi.
- Chairperson Sleep Medicine, Senior Neurology Consultant at Sir Ganga Ram Hospital, New Delhi
- Senior Visiting Consultant, Neurology & Sleep Medicine, Medanta The Medicity, Gurgaon
- Director and Senior Consultant Neurology and Sleep Medicine, Max Smart Super Specialty Hospital, Saket, Delhi.

She has been trained in USA and UK in Electrophysiology, Epilepsy and Sleep Medicine. Dr. Manvir has initiated awareness programs for the public on Sleep and Epilepsy.

She won an award and scholarship by Goldman Sachs for "10,000 women Entrepreneur Certificate Programme at ISB", Hyderabad.

She was invited by the WHO to participate in developing guidelines for health issues related to 'Sleep'.

She is an executive member of ISDA (Indian Sleep Disorders Association) and ISSR (Indian Society for Sleep Research).

