



PSS SLEEP DISORDERS CENTER
PSS CLINICAL RESEARCH, PC

PAP NAP INSTRUCTION

PAP NAPS will be offered to patients who have tried PAP therapy at home and are intolerant or fearful of PAP therapy. This may be due to claustrophobia issues, mask issues or intolerance to pressures. PAP NAPS can be used for patients as a reintroduction to therapy if therapy has been omitted for a period of time. PAP Naps may be offered to patients prior to a full night study if they are reluctant to attend due to anxiety or reluctance to try PAP therapy.

Your PAP NAP includes one on one desensitization time with a qualified sleep technologist. Many different masks will be tried, different pressures, desensitization methods and finally a short nap for further assessment. Only a few of the monitoring devices used for a regular sleep study will be applied so there will be no paste in your hair or wires everywhere as in a full night sleep study.

The advantage to you is the one on one time with the technologist who has expertise in assisting patients to get acclimated to wearing the mask and using the PAP device.

Please follow these instructions beginning the night before your PAP NAP:

BRING YOUR OWN CPAP MASK and MACHINE if you have one.

1. Restrict sleep time by 1-3 hours the NIGHT BEFORE
2. NO NAPPING before arrival to sleep lab
3. NO CAFFEINE after midnight prior to study
4. EAT LUNCH PRIOR TO ARRIVAL
5. The PAP NAP may last from 2-4 hours so be prepared to stay for that amount of time.
6. Come to the PAP Nap in comfortable clothes and shoes; any medications you may need to take if you take medications at a certain time. The goal is for the experience to be a relaxing and fun time with your own personal PAP expert – sort of like having your own personal trainer...except for CPAP. 😊

Someone will call you to work out a time that a technologist is able to do the study and a time that is convenient for you.

You should receive a call to schedule within 2-3 days. Please call the office to talk about scheduling your PAP NAP if you do not hear from someone after 4 days from your initial appointment. 404.499.0533