

Talking Points for Sleep Technologists about Patient Safety*

What are the risks of a sleep study?

- There are no risks specific to sleep studies, so there is no greater danger during a sleep study than on any other night.

Will I have to stay in the bed or lay in one position all night long?

- You can get up to go to the bathroom any time you want, just let me know so I can disconnect some of the wires. I'll ask you to sleep on your back some of the time, unless that causes you a physical problem.

Is there a doctor or nurse here?

- No doctor, no nurse. There's no greater risk of a physical problem tonight than on any other night, so there's no need for a doctor or a nurse at your bedside. If there's a problem, our Medical Director is available.

Do you have a defibrillator?

- We are not required to have a defibrillator in the sleep center because you are in no greater danger while sleeping here than you would be at home. We have emergency procedures if needed.

*These talking points are targeted to address concerns from the patient population as encountered by the Sleep Technologist or administrative staff at the sleep center.