

**HACKETTSTOWN REGIONAL MEDICAL CENTER
CENTER FOR SLEEP RELATED DISORDERS
PROTOCOL FOR SPLIT NIGHT STUDIES**

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Effective Date: June, 2010

Policy No: 7.028

Cross Referenced:

Origin: Center for Sleep Disorders

Reviewed Date: 04/12

Authority: Cardio/Pulmonary Manager

Revised Date:

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PURPOSE: A specific protocol for Split Night Titration studies assures consistency among technicians and improves the adequacy and reliability of the acquired data.

POLICY:

Indications for Split Night initiation:

- 1) **Adult Split Night Protocol:** A split-night study is indicated if diagnostic AHI within first 2 hours of sleep ≥ 40 events/hr, or if AHI between 30-40/hr with significant arterial oxygen desaturation ($< 80\%$), or with cardiac changes secondary to episodes of apnea/hypopnea.

PROCEDURE:

- CPAP titration procedure is fully explained to the patient during their initial testing in the laboratory if they are being referred for the diagnosis of sleep-disordered breathing.
- This is done verbally by the sleep technologist/technician while they are applying sensors to the patient prior to their bedtime.
- Prior to bedtime, the patient is also fitted with a variety of nasal mask interfaces to assess the best fit before implementing CPAP therapy.

The patient is also given a few minutes prior to bedtime to acclimate to CPAP therapy (typically at low pressure settings of 4- 6 cm H₂O), in case the technician needs to switch the patient over to therapy during the second half of the recording