

## Our Team

**Ramesh Donepudi, MD**

**Medical Director**



Dr. Donepudi earned his medical degree from Rangaraya Medical College in Kakinada, India, and completed his fellowship in pulmonary medicine at the Birmingham University Hospitals in Walsall, UK. In addition, he completed a residency in internal medicine and a fellowship in pulmonary and critical care medicine (PCCM) at Lahey Clinic Medical Center in Burlington and a fellowship in sleep medicine at Beth Israel Deaconess Medical Center. Board-certified in internal medicine, critical care medicine, pulmonary disease and sleep medicine, Dr. Donepudi has also served as a clinical instructor at Tufts Medical School and is a member of several professional organizations. He also serves as the Medical Director for Inpatient Medicine at Lowell General Hospital.

**Pam Gordon, BS RRT-ACCS, RPSGT, RST, CCSH**

**Clinical Manager**



Pam Gordon is the clinical manager of the Sleep Lab and Neurodiagnostics Center. She is a Registered Polysomnographic Technologist, holds a Certification in Clinical Sleep Health, and is a registered Sleep Technologist. She is also a Registered Respiratory Therapist and Adult Critical Care Specialist. Pam received her BS in Respiratory Therapy from the Medical College of Georgia and is currently pursuing her Master's degree from the University of Phoenix. She is the former secretary/treasurer of the Massachusetts Sleep Society, a member of the American Association of Sleep Technologists, the American Academy of Sleep Medicine, and the American Association of Respiratory Care.

## Directions to The Sleep Lab and Neurodiagnostics Center

Lowell General Hospital Saints Campus  
One Hospital Drive, Lowell, MA 01852  
(978) 934-8373

### Driving Directions from I-495

- Take I-495 to Exit 38 (Route 38).
- Follow Route 38 toward Lowell for approximately two miles.
- At the fork, bear right at the light and follow to the second stop light.
- Take a left onto East Merrimack Street, and a right into the Saints campus.

### Directions by Public Transportation

We are served by LRTA Route #2 (Belvidere), stop #3.

For those requiring additional assistance, visit the LRTA website for Road Runner Service or call them at (978) 459-0164 for more information.



**A Good Night's Sleep is on the Way**

**The Sleep Lab and  
Neurodiagnostics Center  
at Lowell General Hospital**



*Complete connected care<sup>SM</sup>*

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One Hospital Drive Lowell, MA 01852  
(978) 934-8373

[www.lowellgeneral.org/sleep](http://www.lowellgeneral.org/sleep)



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## About Sleep Disorders and Treatments

Many adults place themselves at risk for injury, health concerns and behavior problems because they are not meeting the necessary sleep requirements. Sleep is an active state important for renewing mental and physical health. Sleep disorders can lead to issues such as sleepwalking, nightmares, difficulty staying awake and falling asleep or having a regular sleep/wake cycle.

Common types of sleep disorders include Insomnia, Obstructive Sleep Apnea (where a person stops breathing during sleep), Restless Leg Syndrome, and Narcolepsy (where a person has difficulty controlling whether they sleep or stay awake).

The first step to solving your sleep disorder is determining what happens during sleep time that might be causing your troubles. Your doctor will determine the type of test that is most appropriate for your symptoms.

The Sleep Lab and Neurodiagnostics Center at Lowell General Hospital offers a variety of diagnostic studies, which involves making a recording that identifies different sleep stages and classifies various sleep problems. Depending on your physician recommendation, testing will be done in one of the Sleep Lab's four private rooms, set up for your comfort during both day and night studies. In addition, the Center also has an outpatient Sleep Clinic for the evaluation, treatment, and follow up of patients suffering from sleep disorders. Home Sleep testing or Portable Monitoring (PM) is also available for patients meeting certain criteria.

### Sleep Clinic

Lowell General Hospital Saints Campus  
One Hospital Drive, Lowell, MA 01852  
(978) 934-8373

Open Monday – Friday 12 noon - 5:00 p.m.

**Referral is required.**



### How Sleep Testing Works

Patients diagnosed with a sleep problem have the option to participate in a sleep study (polysomnogram), an overnight recording that includes taking measurements to identify different sleep stages and classify various sleep problems.

During the testing period, laboratory technicians monitor brain waves, breathing, heart activity, muscle activity and other functions in order to uncover the source of sleep problems. The results of these tests are reviewed and interpreted. A report is then sent to the ordering physician with recommendations for treatment and follow up. Treatment may include lifestyle changes, breathing aid devices and medications.

People with diagnosed sleep disorders can significantly improve the quality of their lives. By using the prescribed therapy, people can enjoy the restful sleep they need to experience less daytime fatigue, improved mood, improved memory and concentration, better work performance, fewer health risks and less risk of motor vehicle and work-related accidents.

**Full Polysomnogram (PSG)** — An all night diagnostic study for the diagnosis of sleep disorders. A polysomnograph is a test of sleep cycles and stages through the use of continuous recordings of brain waves (EEG), electrical activity of muscles, eye movement (electrooculogram), breathing rate, blood pressure, blood oxygen saturation, and heart rhythm and direct observation of the person during sleep.

**CPAP/BiPAP Titration** — An all night therapeutic study to determine appropriate levels of CPAP or BiLevel Therapy for the treatment of sleep related breathing disorders such as sleep apnea. Involves use of a mask that covers the nose and/or face as well as the sensors used for a PSG.

**Split Study** — A combination study to diagnose and treat sleep-related breathing disorders in one night if possible. Certain criteria for severity must be met.

**Multiple Sleep Latency Test (MSLT)** — Includes both an all-night diagnostic study and an all-day series of naps. It is most commonly used to diagnose Narcolepsy.

**Home Sleep Testing** — For patients with a high probability of Obstructive Sleep Apnea (OSA). Patients receive education and instructions in lab, to take device home to wear overnight and return device the next day. Appointments are scheduled at patient's convenience.

**BiPAP AVAPS** — For treatment of Respiratory Insufficiency associated with Neuromuscular disease, restrictive thoracic disorders, COPD, and central apnea.

**BiPAP AutoSV (Auto Servo Ventilation)** — For treatment of central apnea.

**EEG (Electroencephalogram) Testing** — Routine and sleep-deprived.

**Ambulatory EEG** — 24-96 hour test ordered by Neurologists only. Patient is set up in lab and returns daily to download data and check hookup.

**EMG (Electromyography) Testing** — An Electromyogram (EMG) measures the electrical activity of muscles at rest and during contraction.