

# BHP Bluegrass Health Psychology, Inc.

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JONATHAN D. COLE, PH.D., ABPP | AMANDA W. MERCHANT, PH.D., ABPP  
ERICA ADAMS, PH.D. | DONALD CROWE, PH.D. | SUSAN SNYDER, LCSW

## **CPAP Tolerance Training Bluegrass Health Psychology Patient Information Sheet**

*So you've been referred to a psychologist...*

Bluegrass health psychology is a practice made up of psychologists that specialize in treating medical patients. We do not focus on traditional mental health, which is what most people think of when talking about psychology. Our focus is the patient's medical condition and how it is affecting their life.

You have been referred because you have a difficulty with tolerating your CPAP. This is not uncommon, as the device can be difficult to adjust to wearing, not to mention to try and go to sleep. We will show you how to slowly tolerate the CPAP while awake then use it while sleeping. We will also check and see if you have developed any insomnia in addition to your problems with the CPAP.

### What to expect with your first visit:

You will meet with one of our doctors and discuss your CPAP, sleep and how it is affecting your life. You will also be given a series of psychological tests. One set of tests may be mailed to you before your appointment. It will address your sleep. The next tests you will need to complete our office as part of your evaluation. One test is a general psychological evaluation which will ask you a variety of questions about yourself. It is our version of an MRI as we are checking for many different things. Many questions may not apply to you but just answer them the best you can. The entire sleep evaluation can last from 2-3 hours and you will need to bring your glasses if you need them to read.

### Treatment:

The typical number of treatment sessions for insomnia is 4. They last from 15 – 50 minutes. They generally occur every two weeks. Treatment involves teaching you how to relax while wearing the CPAP and getting you to tolerate the machine while awake then use it while sleeping. We also address any insomnia you may have related to the machine.

Directions:

We are located at the St. Joseph Office Park Building C Suite 425 at 1401 Harrodsburg Rd across the street from St. Joseph Hospital in Lexington, KY.

If you are coming to Lexington from I-75 get off on the Athens Boonesboro Exit and go toward Lexington on Richmond Rd. Go under the overpass of New Circle Rd and take a left onto the inner loop of New Circle Rd. Take New Circle Rd to Harrodsburg Rd exit. Take a right onto Harrodsburg Rd. St. Joseph Office part will be on your left. Take a left onto Wilson Downing Rd and your first left into the Office Park Parking lot. Go to building C and take the elevator to the fourth floor. Take a right off the elevator to suite 425 Bluegrass Health Psychology (859-277-1008).