

INFORMATION FOR PATIENTS HAVING A HOME SLEEP STUDY

Your Appointment

Date: _____ Time: _____

For cancellations or to change your appointment call (03) 9422 0077 (during business hours).

Please allow extra time before your appointment to find your way.

This is how you will look after being set up with the monitoring equipment.
There will be at least 16 sensors attached to your body during your appointment



...plus there will be wires on your chest, legs and hand.

WHAT TO DO BEFORE YOUR SLEEP STUDY

- If you are unwell consult your local doctor or specialist, before your sleep study.
- To help us obtain good readings please:
 - **Shower**, remove any make-up, and wash your hair. Do not apply moisturiser or oils.
 - **Remove nail polish.**
 - If you have fake nails, remove at least one before your appointment (pointer or middle finger).
 - Male patients must be **clean shaven** (beards are OK, but *“stubble is trouble”*)

WHAT WILL HAPPEN ON THE NIGHT

- You will not be seen by a doctor and you cannot be provided with medications, except in an emergency.
- The sleep study involves monitoring breathing, brain activity and body movements using simple sensors that are applied to the skin surface. **These sensors will be attached to you during your appointment.**
- After paperwork has been completed and sensors applied (approximately 45minutes) you will then be able to go home wearing the equipment.
- At home you will be required to wear the equipment for the entire night aiming to sleep as normally as possible.

IMPORTANT - WHAT TO WEAR ON THE NIGHT OF YOUR SLEEP STUDY

- On the night of your test we will be placing sensors on your head, face, legs and around your chest and stomach (see picture). These can be placed over your top (e.g. t-shirt, singlet or pyjama top) but once they are attached ***your top cannot be removed.*** Therefore, you should wear a top you are comfortable sleeping in or bring one with you to change into.
- A jacket or shirt can be placed over the equipment prior to leaving the laboratory and removed prior to sleeping.
- As there will be wires and sensors on your legs, please do not wear tight fitting pants such as 'skinny jeans' or 'leggings', etc.

AFTER YOUR OVERNIGHT STUDY

- In the morning carefully remove the sensors from your body. Sensors and wires are to be placed in the clear plastic bag provided. Any adhesive tape or dots can be discarded.
- You are required to return all equipment to Sleep and Lung Care by 11:00 am.

WHAT WILL HAPPEN AFTER YOUR SLEEP STUDY

Please organise an appointment with your Sleep Specialist to obtain your results. If you have any questions, please call us on (03) 9422 0077 during business hours.