

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 arrive 15 minutes prior to your appointment time to allow for travel and paperwork.

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, legs and hand during your appointment. You will go home with the sensors attached and will not be able to remove them until the next morning.

WHAT TO DO BEFORE YOUR SLEEP STUDY

- **If you are unwell** consult your local doctor or specialist before your sleep study.
- **Shower prior to your appointment** - remove any dirt or make-up and wash your hair prior to the appointment. Do not apply moisturiser or oils. Do not come to the appointment with wet hair, it should be clean and dry. This is important to obtain quality signals.
- **Remove nail polish** - If you have fake nails or nail polish, remove at least one on your left hand before your appointment (pointer or middle finger).
- **Male patients** if you have stubble, we would prefer you to be **clean shaven** (beards are OK, but “stubble is trouble”).

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

- **Wear loose fitting clothing you are prepared to sleep in.**
- Equipment and sensors will be placed on areas all over your body (see picture) and over the top that you arrive to your test in (eg. t-shirt, singlet, or pyjama top). You will **not** be able to remove your top until the morning after your study and therefore should wear a top you are comfortable sleeping in.
- As there will be wires and sensors on your legs, please **do not wear tight fitting pants** such as 'skinny jeans', 'jeans' or 'leggings' etc.
- A jacket or shirt can be placed over the equipment prior to leaving the laboratory and removed prior to sleeping.

WHAT WILL HAPPEN ON THE NIGHT

- The sleep study involves monitoring breathing, brain activity and body movements using simple sensors that are applied to the skin surface.
- Sensors will be attached to your head, face, legs, chest and around your stomach **during your appointment.**
- After paperwork has been completed and sensors applied (approximately 45 minutes) you will then be sent home to sleep in the equipment.
- You **can** drive while wearing the equipment. You **cannot** take public transport, ride a bike or motorbike to your appointment.
- It is best to not make any plans on the night of your sleep study and avoid any strenuous activity that may impact on the sensors.
- At home you will be required to **wear the equipment for the entire night** aiming to sleep as normally as possible.
- There is **strictly no smoking** while you are wearing the clinics equipment, you can resume smoking once the equipment is taken off the next day.

WHAT TO DO THE MORNING AFTER YOUR STUDY

- In the morning carefully remove the sensors from your body. The equipment is to be placed in the carry case provided. Any used adhesive tape or dots can be discarded.
- Ensure questionnaire is filled out and placed inside the carry case.
- 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/GP to obtain your results.
If you have any questions, please call us on (03) 9422 0077 during business hours.

A cancellation fee of \$50 may apply if you cancel your sleep study with less than 24 hours notice.