Sleep & Lung Care
RESPIRATORY & SLEEP PHYSICIANS
Phone (03) 9422 0077 · Fax (03) 9454 9339
reception@sleepandlungcare.com.au · sleepandlungcare.com.au

Epping
Level 2, Suite 4A, 230 Cooper Street, Epping 3076

Brunswick
202 Moreland Road, Brunswick 3056

Doncaster East
105 Blackburn Road, Doncaster East 3109

Braybrook
Tenancy 2, 330 Ballarat Road, Braybrook 3019

Kilmore
75 Powlett Street, Kilmore 3764

Please read before your appointment
What happens, what to bring, and how to return the kit.

Your home sleep study

Date: _____ Time: _____ Clinic: ☐ Epping ☐ Brunswick ☐ Doncaster East ☐ Braybrook ☐ Kilmore

Kit no.: _____

A home-based sleep study records your breathing, oxygen levels, heart rhythm, brain activity, eye movements and leg movements while you sleep in your own bed. A sleep scientist fits the equipment at the clinic, you go home and sleep as normally as you can, and you return the kit the next morning. Eligible home-based sleep studies are bulk billed with a valid referral, and one of our sleep physicians reports the study to your doctor.

Your set-up appointment

- Please arrive 15 minutes early for the paperwork; fitting the sensors takes about 45 minutes. At least 16 sensors go on your head, face, chest, abdomen, legs and a finger.
- You go home wearing the equipment. You can travel by car, but do not drive if you feel sleepy. Please do not come by public transport, bicycle or motorbike, because the sensors stay on until the next morning.
- Bring your referral and Medicare card, a list of your medicines, and a jacket or shirt to wear over the equipment on the way home.
- Keep the evening free — avoid plans or strenuous activity that could dislodge the sensors.
- You sign a short equipment loan agreement at the appointment. The kit is valuable, so please look after it and return it on time.

Warning: if you have any allergies to adhesive tapes or products, please inform the scientist.

Before your appointment

- If you are unwell, talk to your GP or call us before the study.
- Shower on the day and wash your hair. Arrive with clean, dry hair and no moisturiser, oils or make-up — the sensors need clean skin to record good signals.
- Remove nail polish or a false nail from at least one finger of your left hand (the index or middle finger) for the finger probe.
- Men: we prefer you clean-shaven for the face sensors (a beard is fine; stubble is not).
- Wear loose clothing you can sleep in, including a top you will keep on until the morning (T-shirt, singlet or pyjama top). Do not wear tight pants, jeans or leggings — there will be sensors and wires on your legs.
- Take your usual medicines. The study records your usual sleep, so keep your routine as normal as you can.

On the night

- Go to bed and get up at your normal times. Take your usual medicines. Only take a sleeping tablet or drink alcohol if you usually would — never both together — and note it on the sleep diary form in your kit.
- Before bed, if the scientist has not already fitted them: place the orange Y-shaped cable under your nose (one tip under each nostril), the clear nasal cannula in your nostrils, and the finger probe on your finger with the picture facing up (wash and dry your hands first). Tape them down with the medical tape provided, about 15 minutes before you go to sleep.
- The recorder starts and stops by itself and its buttons are locked — there is nothing to press, and pressing a button by accident does no harm.
- No smoking or vaping while you are wearing the equipment. Wash with a damp cloth only; do not get the equipment wet.
- Sleep in any position you like (some time on your back is helpful). Sharing the bed is fine — note anything that disturbs your sleep on the form.
- You can get up during the night; take care not to dislodge the sensors. If a sticky dot comes off, reattach it with the spares in the case.

The morning after: returning the kit

> **Return the complete kit to the clinic by 11:00 am the next business day.** A $50 late-return fee applies, and lost or damaged equipment is charged under the loan agreement.

- Carefully peel off the sticky dots and sensors and unclip the black belts. Do not unplug or untangle any wires, and do not clean the equipment — our staff do that. Used tape and sticky dots can go in the bin.
- Complete the sleep diary form and put it in the case.
- Check that everything is in the black case:

- ☐ 1 recorder
- ☐ 1 clear nasal cannula
- ☐ 2 belts with wires
- ☐ 1 black adaptor
- ☐ 2 dual-lead leg cables
- ☐ 9 single-lead cables
- ☐ 1 orange-and-white Y cable
- ☐ 3 gold-cup cables
- ☐ 1 roll of tape
- ☐ Sleep diary form

Your results

A sleep scientist scores the recording and one of our sleep physicians reports it — usually within about two weeks — and the report is sent to your referring doctor. Please book a follow-up with your GP or sleep specialist to go through the results. If sleep apnoea is found, treatment options include CPAP, a mandibular advancement splint and weight or positional strategies, and we organise the follow-up. If you have not heard from your doctor three weeks after the study, call (03) 9422 0077.

Cost, cancellations and questions

- Eligible home-based sleep studies are bulk billed with a valid referral — there is no charge for the study itself.
- To change or cancel, call (03) 9422 0077 during business hours (Monday to Friday, 9:00 am – 5:00 pm). Please give at least 48 hours' notice; a $50 fee may apply to cancellations with less than 24 hours' notice.
- Arabic (العربية), Chinese (中文) and Vietnamese (Tiếng Việt) versions of these instructions are available from reception.
- Questions about your study or your kit: (03) 9422 0077. Full guide online: **sleepandlungcare.com.au/our-service/home-based-sleep-study**

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