

PREPARING FOR YOUR HOME SLEEP STUDY



WHAT TO BRING WITH YOU:

1. Medicare card
2. Your referral form (if not already sent)
3. Payment method (cash, EFTPOS, credit card)
4. A loose comfortable shirt you would like to sleep in.
5. Your completed questionnaire



A sleep study is an overnight recording of your sleep for the evaluation of common sleep disorders. Once you have a booking, you will arrive at the set-up location where the Sleep Technologist will give you full instructions and on the use of the small monitoring device and attach the various wires on your skin. You will then go home with the device, sleep as usual, then in the morning detach and return the device. Please follow the instructions here in order to prepare for your comprehensive portable study.

What do I do on the day?

- Please keep to your usual routine and sleep pattern in the week leading up to the study as much as possible.
- On the day, don't take any naps during the daytime and NO CAFFEINE on the day of the study after 2pm please. Please ensure you have clean, dry hair, and do not apply hair sprays, oils or gels
- Exercise and shower in the morning or before the study - you will not be able to shower after the sleep monitor is fitted. However, you will be able to continue most activities such as driving, working, walking and house-work.
- Men: please ensure you're clean shaven. Beards can be left as they are.
- Ladies: please remove makeup, dark finger nail polish or dark acrylic nails.
- If you have a smoking history or any respiratory complaints, we will perform a simple blowing test (10 minutes) prior to the sleep setup, if appropriate. This will cost only about \$15 and will give us a great deal of information about any respiratory disease eg asthma or bronchitis. The information will be valuable to help us interpret your sleep study results.
- The Sleep Technologist will place the monitoring equipment on you and all instructions given. Below is an illustration of the sleep-monitoring device we use which incorporated the latest state-of-the art Phillips technology full polysomography:

What happens when I go home?

The purpose of the sleep study is to record a normal night's sleep. Your routine should remain as usual - the only difference will be that you will be wearing monitoring device. Follow your normal pre-bedtime routine, which may include any usual medications and alcohol.

What happens when I arrive?

- Please be punctual. Your set-up will take approximately 45 minutes. Please allow an hour in total.

SleepMed Australia

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What does the process involve ?” What happens the morning after? APPOINTMENTS & CANCELLATIONS

There are 7 small sensors placed on the skin of your head (to measure your brain waves and sleep phases), 1 over the nose and mouth (to measure breathing and snoring), 1 soft stretchy belt over the chest and belly (to measure breathing effort), 1 over your finger (measures oxygen levels), 4 over the chest (heart ECG activity). For a clinic study, there may be a few more wires. These all attach to a small, very light device which can be taken home. In a clinic study is a unit at the bedside, away from you and allowing the wires to move freely so you can sleep without any restriction. In the morning, the portable device is detached quite easily and you will need to return it to us in order to download all the data.

- Place all the disposable items (sticky electrodes, nasal cannula, tapes) in a rubbish bag
- Pack everything back into the briefcase.
- Return to the clinic before 10 am. If you are unable to do so, please arrange with the Technologist for alternative arrangements or a courier to collect the items (the costs of which you will be expected to cover).
- The recorded data will be sent overnight for analysis by one of our Sleep Scientist. If the data is not of sufficient quality, you will be notified within 2-3 days and a repeat study will be offered at no extra cost. Interpreting the vast data from the study is a complex process so please allow a week for this to be completed, checked by the specialist and reported.

Appointment Policy

1. All appointments are to be made by calling our Head Office - 1300 484 707
2. You need to provide details including your Medicare number. We require your credit card number to reserve an appointment.
3. We will endeavour to confirm all appointments a day in advance, however this is done as a courtesy and the responsibility of cancelling an appointment remains with the patient.

Cancellation Policy

As all services are provided by appointment only and this time is reserved for your exclusive use, **we must request at least 48 hours' notice to cancel an appointment.**

All changes and cancellations must be made on 1300 484 707 at least 48 hrs before an appointment.

There is a \$50.00 charge for cancellations made less than 48 hours in advance & 50% of the costs if less than 24 hours. You will be charged 100% of the applicable fees if you do not attend your appointment without cancelling or notifying us.

“OSA is common, mostly unrecognised and a very important risk for cardiovascular disease”



“Fast, convenient & easy testing is now available”



“ Treatment is safe & extremely effective”

