

Frequently Asked Questions

“What is a sleep study ?”

This is a way of accurately monitoring what happens to your body during sleep. Small sensors are placed on the body and attached to a sophisticated monitor to records crucial information such as brain waves, muscle activity, oxygen levels and your breathing. There is no pain and it is expertly setup to minimise discomfort. You can move freely in bed and there is little interference to your sleep. Overnight recordings can be made using a small portable device, allowing you to sleep in the comfort of your own home (a Home or ‘portable’ study). Alternatively, it can be done whilst you sleep in our clinic overnight (a ‘lab’ based study) where your sleep will be supervised by a trained technologist to ensure the best quality recording.



“How will I be able to sleep with all those wires?”

None of the sleep equipment is painful. In fact, the monitors are all quite small and designed to be as comfortable as possible. The monitoring wires will be gathered together in a ponytail behind your head so you can easily roll over and change positions just as you would at home. The devices may feel strange on your skin, but most people get used to it very quickly and find it does not prevent them from falling asleep.

“What does a sleep study tell me?”

A sleep study is the best way to objectively find out what may be causing your sleep problems. It is important because sleep disorders are common and if left untreated can seriously increase your risk of [high blood pressure](#), [heart](#)

[attacks](#), [stroke](#) and major accidents. Most people are completely unaware of what happens to their body during sleep or the fact that have a sleep disorder. The study will be interpreted by a specialist and expert scientist, to precisely answer many questions about the health of your sleep.

Disruptive snoring is often the reason for being referred for a study and the question is asked “Why do I have to have a sleep study?”. In essence, we need to make sure we detect any sleeping related breathing problems such as sleep apnoea. Up to 60% of loud snorers have this potentially dangerous conditions and a sleep study is the only sure way of detecting its presence and severity. The results will then help us tailor the most appropriate treatment for you. The Australian Sleep Association and Australian Dental Association’s policies for the provision of snoring and sleep apnoea treatment state that treatment cannot be provided until first being thoroughly diagnosed through a sleep study. Furthermore, most private health funds do not provide rebates for treatment until first undertaking a sleep study.



“Is a home study as good as a clinic (lab) study?”

At SleepMed, we tailor our investigations to suit each individual’s need and cater for all patients’ requirements. The major advantage of a Clinic-based study is that you are monitored and the fidelity of the signals are checked in real time. The chances of technical failure such as leads falling off or batteries running out are also less. The Clinic-based tests can be used to detect many sleep disorders (eg

parasomnias, hypoventilation) which the portable studies cannot. The former however, is more labour-intensive and sometimes more expensive .

At SleepMed we have sourced the most sophisticated yet portable devices available in the world and the quality and information attained is extremely good. A portable study allows you to sleep in the comfort of your own home but may not be suitable for everyone. It is best for those at high risk for sleep apnoea, without major medical problems, where it is as useful as a dedicated clinic study. A portable study should only be undertaken as a part of a comprehensive sleep evaluation. Please note that at this time, Medicare only reimburses for 1 portable study over a 12 month period.



“ How do I get the results of my Sleep Study?”

Your study data will be analysed closely by our sleep scientist then checked and reported by the Sleep Specialist. All this will usually be done within 1-2 weeks and you will come to see our team about 1 week after that for a full explanation of the results along with a comprehensive consultation. If you were referred by one of our dental sleep specialists and you have mild-moderate sleep apnoea only without any major medical or symptomatic issues, and choose the dental appliance for your snoring/ sleep apnoea, you will be referred back to him/her if appropriate. At your next appointment (usually 1 hr long), your results will be fully explained and you will be given a copy. We will also discuss all the treatment options available.