

AT-HOME SLEEP STUDY: PATIENT INFORMATION

Overview of sleep studies

A **sleep study** is a special way to monitor many of your bodily functions as you sleep. Sleep studies are performed because many complex medical problems occur specifically at night and these can be a serious risk to your health and wellbeing. The study involves small sensors being applied to the skin of your scalp, face, chest, legs and finger. These allow us to record your brain-waves, breathing, snoring, heart rate, oxygen levels and movements.

In addition to providing technician-supervised sleep studies in a sleep clinic or Private Hospital, SNORE Australia provides **at-home sleep studies**. Similar sensors are applied to your body, however the equipment used for a home study is portable and after being set up by a technician in our clinic, you return home to sleep in your own bed. You then return to the clinic on the following morning so that the sensors can be removed and the recording checked.

Home studies are suitable for most people but not all

The exact type of sleep study you require will depend on the nature of your sleep problem. It is up to one of our Sleep Physicians, upon reviewing of your doctor's referral, to decide which type of sleep study is best for you.

Features of our at-home studies

- ✓ Our equipment is digital and state-of-the-art. It allows us to record the same physiological variables we routinely measure during an in-clinic study. It is very important to recognize that unlike some commercial groups which offer limited-capability home studies, we do not cut corners, but instead offer full level 1 sleep studies even when they are performed at home.
- ✓ You are able to sleep in the comfort, safety and privacy of your own home
- ✓ There is flexibility with appointment times, and you are not required to be away from children, family or pets overnight
- ✓ Our waiting lists for home studies are generally short, allowing us to diagnose your sleep problem earlier and implement treatment sooner.

Arrival and Return times

Your **appointment letter** will indicate what time we would like you to arrive to be set up for your at-home sleep study, and also the time you are required to return the equipment on the following morning.

What to bring with you

- ✓ **Suitable clothing for sleeping** – for instance pyjamas, a comfortable shirt & pants, etc. You may wear this clothing to the clinic, or change at the clinic before being set up. Please note that you will NOT be able to change your top after being set up with the equipment, however you can wear pants or over-shirt on top of the equipment
- ✓ **Medicare card or DVA card**
- ✓ Your **completed patient questionnaire** and **list of medications**
- ✓ An umbrella or raincoat if it is raining on the day of your study: **it is very important that the medical equipment does not become wet or soiled in any way**
- ✓ Any information you feel is relevant to your sleep problem or your sleep study.

Important preparation

Please ensure that you have washed and dried your hair on the day of the study. **DO NOT use hair oils, conditioner, hair-spray, or gels. DO NOT wear make-up** to the study. For males only – the quality of the recording is improved if you shave before the study (but if you have a beard or moustache, do not feel that it is essential to shave them off).

Cost

All home studies performed by SNORE Australia are presently BULK BILLED to Medicare, i.e., there is no out-of-pocket expense.

Canceling or rescheduling appointments

If you need to cancel or re-schedule your appointment for any reason, please phone our administration centre on **1800 0 SNORE (1800 0 76673)** as soon as possible so that another patient may be booked in your place. Please note that the offer of bulk billing may be withdrawn from patients who cancel or do not attend their appointments.

Sleep Study Results

A formal sleep study report will be forwarded to your referring doctor, usually within 2-3 weeks of the study. You will be notified by mail when your results have been forwarded.