

Snoring
Narcolepsy
Obststructive sleep apnoea
Restless legs
Excessive daytime sleepiness



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OVERNIGHT IN-CLINIC 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 well-being. The study involves small sensors being applied to the skin of your scalp, face, chest, legs and finger. These allow us to measure your brain-waves, breathing, snoring, heart rate, oxygen levels and movements.

Your comfort and safety during an overnight in-clinic sleep study with SNORE Australia are ensured by having fully trained technicians on duty throughout the night to watch you sleeping using an infra-red video-camera, and to monitor the data being recorded.

The sleep you have on the night of the study may not be identical to that at home but surprisingly, most people sleep very well in the clinic. This is partly because the sensors used are small and are applied in a way that allows you to turn and move during sleep. The sensors do not hurt.

Arrival times

Your **appointment letter** indicates what time you have been requested to arrive at the sleep clinic for your overnight study. You will usually be ready to leave the clinic by **6am** on the following morning. Please inform our staff if you need to leave earlier or later than this.

Important preparation

Please wash 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

Your sleep-study with SNORE Australia will be BULK BILLED to Medicare, i.e., there is no out-of-pocket expense (some conditions apply; please see your appointment letter for additional details).

What to bring with you

- **Suitable clothing for sleeping** – this may be pyjamas, a comfortable shirt and pants, etc. You must wear clothes to bed at the sleep centre
- **Medicare card or DVA card**
- Your **completed patient questionnaire** (sent to you in the mail)
- **Your usual medications** (none can be supplied by our staff)
- **Alcohol**: we recommend that you consume your usual amount of alcohol on the night of your sleep study. If you drive to the clinic, you may bring this amount of alcohol with you to consume at the clinic, in order to avoid drinking alcohol before driving. However, **you must not drink an amount of alcohol which makes you intoxicated** – if this should occur, you should expect to be asked to leave the sleep centre premises
- **Something to read or work on** while your study is being prepared. Many of our clinics have DVD players to allow you to watch movies
- **Anything that may help you sleep**, such as your usual pillow
- **Toiletries**
- **Your own CPAP mask** if you are attending for a follow-up CPAP titration study
- Breakfast items if you feel you may need something more substantial than tea, coffee and biscuits to eat prior to leaving the clinic.

Canceling, rescheduling and confirming appointments

If you need to cancel or reschedule 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.

Special arrangements are made for your sleep study. We require a minimum of 24 hours notice if you need to cancel your study for any reason. You must also telephone to confirm your appointment at least 2 working days prior to the date of your study. Further details on re-scheduling and confirming appointments are contained in your appointment letter.

Sleep Study Results

A formal sleep study report will be forwarded to your referring doctor, usually within 1-2 weeks. You will be notified by mail when your results have been forwarded.

CPAP reassessment studies

- Patients currently using CPAP who attend for reassessment of pressure should NOT cease using CPAP before the study. Bring your CPAP mask so it can be checked
- If you are having a study to determine if CPAP therapy can be withdrawn, please do not use your CPAP machine for the 3 nights leading up to your study
- If you have any questions or concerns about your reassessment study, please telephone our staff.