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Standard Sleep Study: Information for Public Patients

What is a Sleep Study?

A sleep study is a special way to monitor bodily functions as you sleep. Sleep studies are performed because many complex medical disturbances occur at night, and these can be a serious risk to health. Sometimes, patients will be aware of not sleeping well. With other disorders, patients can be technically asleep but will feel unrefreshed the next day, due to having had sleep of poor quality. This is because the brain needs both the correct quantity and quality of sleep in order to be refreshed. With certain sleep disorders, patients will remain in light sleep throughout the night and will therefore still feel exhausted and excessively tired next day, despite achieving what would otherwise be an adequate amount of sleep.

In order to investigate this problem, small sensors are applied to the skin of your scalp, face, chest, fingers and legs and enable us to record oxygen levels, breathing, brain waves, eye movements, heart rate, and leg movements. This allows an accurate diagnosis to be made of sleep disorders.

The comfort and safety of patients and the quality of the study is ensured by having a fully trained technician on duty throughout the night to monitor events.

How will I be able to sleep?

We accept that your sleep on the night of the study may not be identical to home, but surprisingly most people sleep well in the clinic. The sensors are applied in a way that allows you to turn and move during sleep. Generally you will not be aware that you are wearing the sensors after a short period of time. Remember that this is not a *treatment*, but merely a *recording* of how you sleep.

What time should I arrive?

Your appointment letter indicates the time that you should arrive. Please try to be punctual, as the preparation for a sleep study can take 1-2 hours.

What Do I Need To Bring?

Our aim is to monitor sleep that resembles the sleep you would normally have at home.

Please bring:

- **COMPLETED “CONFIDENTIAL PATIENT QUESTIONNAIRE”** (as sent to you by mail, if not already returned)
- Two-piece pyjamas (example: boxer shorts & T-shirt or pyjama pants & top). You must wear clothes to bed at the sleep centre
- Something to read or work on while your study is being prepared
- Toiletries
- Any usual medication (none will be supplied by our staff)
- You are permitted to bring alcohol (do not consume excessive alcohol – you can not attend our clinics if you are drunk or disorderly)
- Anything that may help you sleep comfortably, such as your usual pillow
- If you are having a CPAP reassessment-study, please ***bring your CPAP mask and chin-strap*** to your appointment (if you already have these).

How should I prepare for the study?

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, as this will have to be removed.

For males only: the quality of our recording is improved if you shave before you come to the centre, as this improves the skin contact of our electrodes. This does not apply to those who have a full beard or moustache.

Will The Sensors Hurt?

No, although there can sometimes be mild, temporary skin irritation from our rubbing the skin when attaching electrodes. You may also feel a sensation of warmth where the oxygen-measuring device contacts the skin. Significant discomfort does not usually occur.

How Much Will It Cost?

There is no charge to you if you are an eligible patient under present Tasmanian Government-Funded sleep service for the North-West region.

What If I Need to Cancel or Re-schedule My Study?

Special arrangements are made for your sleep study and an overnight technician is specially employed. We therefore require a minimum of twenty-four hours notice should you need to cancel your study for any reason. In this event, call the booking office on 1800 0 SNORE (1 800 0 76673).

What If I Have a Cold or am Unwell?

If you feel unwell or have a temporary medical problem that might interfere with our recording your usual sleep, then please notify our staff so your appointment can be re-scheduled. Please call us as early as possible so another patient can be booked in your place.

What Time Will I Be Able to Leave the Following Morning?

The sensors will be removed immediately after you are woken. Following this you will be free to leave (usually by 6 or 6.30am). Please inform the technician if you need to leave any earlier than this.

When Will I Know The Results?

Results cannot be given to you by the technician on the morning after the study.

After a complete technical analysis, your sleep study will be reviewed by Dr. Corbett and or Dr. Tolhurst. A report will then be sent to your referring doctor (usually within 2 weeks). You will receive a letter from our staff advising you of this.

CPAP Reassessment Studies

- For patients who are already using CPAP therapy and require reassessment of pressure ***do not cease*** using CPAP therapy before your reassessment study. Please also bring your CPAP mask to your appointment.
- For patients who require reassessment of CPAP therapy to determine if CPAP therapy can be discontinued, please ***do not use your CPAP machine for three nights*** prior to coming in for your CPAP reassessment. If you think you cannot sleep without CPAP, please let our staff know at the time of booking your appointment.

Please note:

- If you experience nasal congestion or dryness while using CPAP, please ask if you can trial a humidifier on the night of your study.
- If you are using a nasal mask and have difficulty keeping your mouth closed, please ask if you can try a full-face mask or a chinstrap on the night of your study.

Patient Checklist Prior to Sleep Study

Before leaving home on the night of your study please check that you have the following:

- **Confidential Patient Questionnaire**
- **No hair oils, hair spray, gel or hair-conditioner**
- **All make-up removed**
- **Any required medications** (swallow or bring with you)
- **Toiletry items**
- **Alcohol:** drink or bring your usual quantity (but remain sober)
- **For CPAP PATIENTS ONLY:** bring your *CPAP mask*.

Thank you for your assistance.

If you have any questions or concerns, please call

1800 0 SNORE (1800 076 673)