

Home Based Sleep Study

Sleep study (or Polysomnography) is used to identify and diagnose a wide variety of sleep-related conditions including sleep apnoea, sleep-related movement or seizure disorders. Sleep studies measure the quality of your sleep and determine if you have any sleep disorders. It also helps to clarify the severity of any problems and concerns.

A home-based sleep study is an abridged version of an in-lab diagnostic sleep study where you undertake the test at home. You will need to attend our clinic to be “hooked up” to the equipment, which normally lasts for up to 60 minutes. During the appointment, our sleep technician will attach small sensors and electrodes to your head, chest, finger and legs to record your biological signals when you sleep. This is a non-invasive test which measures brain wave activity, breathing, snoring, heart rate and oxygen levels, as well as body movements. You will then bring the device home to sleep with and return it to us the following morning for analysis.

What to expect for your sleep study

1. Preparing for your sleep study

- Please arrive in your comfortable sleep wear (front opening preferred but with all the normal underwear).
- Shower/bathe before attending your appointment. If you have washed your hair, have it completely dry before arriving at the clinic. Remember not to apply hair sprays, oils or gels to your hair, or thick skin lotions, as this can affect the quality of the signals from the sensors.
- Remove all makeup and nail polish – shellac polish and acrylic nails included.
- Male Patients – Please shave any facial hair before the study as this will improve the quality of the recording. Bearded men – you DO NOT need to shave off your beard as we will try our best to attach the sensors without shaving your beard. However, please note that we may need to shave off facial or chest hair if the sensors are unable to obtain good signals.

2. Arriving at our practice

- We ask that you arrive at your scheduled appointment on time.
- We recommended that you have someone to drive you to the clinic as there will be numerous wires attached to your head and face as well as legs. Some patients do find it uncomfortable to drive with the equipment on.
- It is recommended that you do not take public transport or plan a night out after being hooked up with many probes and due to all the wires being fixed on to you.
- If it is raining, please bring an umbrella with you as moisture will affect the quality of signals and may damage the equipment.

3. During the test

- Our sleep technician will attend to you and explain the procedure involved. You will be asked to complete some paperwork and some measurements will be taken prior to the procedure. Please advise us before your sleep study if you have latex or other allergies.
- Generally, during the procedure the following will be involved:
 - Head: Electrodes are placed near the eyes, on the forehead and under the chin)
 - Nose: A Nasal/Oral Cannula is placed below the nostrils
 - Effort Bands are placed around the chest and abdomen
 - Leg sensors below the knees
 - Oximeter on one finger to measure oxygen concentration in the blood
- You will be able to carry out your normal routine while wearing the device, however please:
 - DO NOT remove the device, any wires or belts during the evening – we understand it may feel foreign wearing the device but without all the signals the test may be incomplete.
 - DO NOT get the device wet under any circumstances (i.e., no showering, swimming and avoid being in the rain)
 - Try to have a quiet evening if possible because signal quality may be compromised with frequent movement and/or excessive sweating.

4. After the test / the next morning

- When you wake up, gently remove all wires, belts, and pads from your body but please do NOT remove, cut or unplug any wires or sensors from the device as this will help to ensure you have returned everything. If in doubt, return everything – including the disposable patches and tapes.
- Please do not rip any equipment off and do not use scissors to cut wires or belts under any circumstances. The equipment is delicate and can be damaged easily.
- Place all equipment as neatly as possible inside the carry case provided. Please ensure you return all components for the device including all wires and belts.

5. Awaiting results

- The device will need to be returned at the clinic usually by 10 am the next morning.
- Your results will be finalised approximately 2-3 weeks after your test. Your specialist will discuss the results with you at your follow up appointment. A report will also be sent to your referring doctor.
- Please do not hesitate to call the clinic (02 4607 5010) if you have any questions.