

## Sleep Study

### **What is a sleep study?**

A home-based sleep study is an assessment that can be used to check up on how well you sleep and identify any disorders that interfere with your sleep and daily life.

It requires you to sleep at home wearing a device that captures information about how you breathe during your sleep, your blood oxygen level, heart rate and other information about your body.

The recording from your sleep study is then reviewed by a sleep physician. If a sleep disorder is found, Continuous Positive Airway Pressure (CPAP) may be indicated, and you may require ongoing support from a CPAP machine.

Heart of Australia offers CPAP machine trials for patients, and can provide purchasing options and education around their new devices.

### **Why would I need a sleep study?**

If your doctor suspects you may have a problem with snoring, symptoms of tiredness, sleepiness or other medical conditions, they may want a sleep physician to assess if you have a breathing or movement disorder while you sleep.

A sleep study will be done to help provide the sleep physician with the information they need to diagnose a sleep disorder – such as sleep apnea – and provide treatment or intervention options.

### **What happens during a sleep study?**

You will need to go to the Heart of Australia clinic to pick up the device for your sleep study. A technician will show you how to set-up and use the sleep study device. You will be given instructions to take home with you as well. You also have the option to be set up with the device at your appointment by the technician.

When you are ready to sleep, you will attach the sensors to your body as instructed. You may be asked to keep a sleep log. When you wake up in the morning, you can remove the sensors. You then need to take the device back to the Heart of Australia clinic the following day.

### **How do I prepare for a sleep study?**

We recommend you opt to set up the device while at your appointment so that the technician can talk you through what is required. If you opt in to do this, you will not be able to drive home on your first appointment so please ensure transport is arranged.

To prepare for your appointment:

- We recommend showering prior to your appointment as you will not be able to shower post appointment.
- Attend your appointment wearing comfortable clothes to sleep in.
- Do not have moisturiser, cream, sunscreen etc. on your face.
- Do not wear acrylic nails.

You will have multiple electrodes placed on your face to monitor your sleep, these will be connected to the sleep recording device. Please avoid any activities that may cause excessive movement or sweating, or where the leads may be caught and detach.

### What are the risks with a sleep study?

There are no risks when undergoing a sleep study. You may experience mild discomfort falling asleep when hooked up to the device.

