



Patient Information Sheet

What is a sleep study?

Introduction

You may have been referred into the sleep clinic at the hospital for a sleep study to investigate your symptoms. Sleep Apnoea can be serious if it is not diagnosed or treated effectively. This leaflet will explain what a sleep study is. If you have any further questions after reading the leaflet, please let us know.

Please contact the department as soon as possible if you do not wish to take part in the sleep study so that the appointment and equipment can be allocated to another patient.

Why do I need a sleep study

Your doctor may suspect you are suffering with a condition called Obstructive Sleep Apnoea or 'O.S.A' for short. Sleep apnoea is a condition where you hold your breath while sleeping.

Signs and symptoms of sleep apnoea include:

- Stopping breathing during sleep.
- Significant loud or prolific snoring.
- Feeling tired during the day or feeling unrefreshed on waking up.
- Making gasping, snorting or choking noises during your sleep.
- Waking up with a headache.
- Waking up frequently or moving a lot during sleep.
- Mood swings or poor concentration.

Preparing for the Sleep Study?

- This is an overnight test which is carried out in your own home which is painless.
- You will be required to wear equipment throughout the night and will need to collect this on the day of your appointment. You will need to sign the loan equipment agreement.

- You will be asked to complete a sleep questionnaire and given instructions on how to use the equipment and provided with an instruction guide.
- You will be asked to sign a consent form to agree to look after the equipment and agree that you will return it the following day by noon.
- The process will take from 10 minutes to 30 minutes.

The day of the sleep study?

- Please do not have any caffeinated drinks such as coffee or energy drinks from midday onwards.
- Please do not take any sleeping tablets if you normally take them.
- Do not drink any alcohol.
- Please remove any nail polish or false nails before you attend for your sleep study as this can impact on the quality of the test.
- When you go to bed, please wear light clothing such as a t-shirt, pyjama top or vest as the equipment is best worn over the top of light clothing.

During the Sleep Study

- The test records your breathing, oxygen levels, heart rate and sleeping position.
- It may have an audio device to pick up episodes of snoring.
- The equipment is lightweight and made to be as comfortable as possible so as not to interrupt or disturb your sleep.
- The equipment is portable and battery operated so you will be free to move around, for example to go to the toilet during the night.

After the Sleep Study

Results

The results will be reviewed by the consultant and a report produced.

Next steps

You will be contacted by letter which may inform you that the sleep study was normal and no further action is needed. Alternatively you will be provided with an appointment to discuss the results.

Sleep Unit contact details

Sleep and Ventilation Reception - 01782 675466

