

HOME SLEEP STUDY PATIENT INFORMATION SHEET

**THESE SHEETS CONTAINS IMPORTANT INFORMATION REGARDING YOUR HOME
SLEEP STUDY.
PLEASE READ BOTH PAGES BEFORE YOUR APPOINTMENT.**

CONFIRMATION:

Please confirm approximately one week before the study. If you are unable to attend, please notify us at least 24 hours prior to study. Contact numbers: 02 8072 4115 or email: reception@bondirespiratory.com.au

*Please advise staff if you have flu like symptoms prior to your sleep study.
We may need to reschedule the study.*

BEFORE ARRIVING:

A clean skin and clean, dry hair are **NECESSARY** to obtain good signals.

- Please shower, wash and dry your hair prior to coming for your appointment.
- Do not use make up, hair oil, gel or hairspray. **DO NOT USE nail polish.**

Please wear your pyjamas/sleepwear when you come for your home study setup as you will not be able to change after the electrodes are attached.

WHAT IS INVOLVED IN A SLEEP STUDY:

To measure how you sleep and how you breathe in your sleep, ***we need to apply electrodes to your head, face, and chest.***

You will also have nasal prongs in your nose to measure breathing and an oxygen probe on your finger.

The application of these electrodes takes about 30 mins and happens soon after arrival at the clinic.

Please ensure to avoid any activities that may dislodge these electrodes/sensors.



Our Scientist will run you through instructions for your home study. The device will be set-up to automatically start recording, so you do not have to press anything.

AFTER YOUR SLEEP STUDY:

When the study is completed you can remove the equipment and put it in a bag. Please return the sleep equipment **before 11am** the following morning. Please remember to fill out the morning questionnaire and bring it back along with the device.

Failure to return the equipment result incur a fine of \$150 per day that it's late

A failed sleep incurs a fee of \$100 for the consumables used.

FOLLOW UP:

The results of your study will be available to your referring sleep physician approximately 4 weeks after the study night.

Please make an appointment with your sleep physician, allowing for this processing time (appointment times may vary based on next available). The appointment may be made before the study night to get your preferred time/day.