

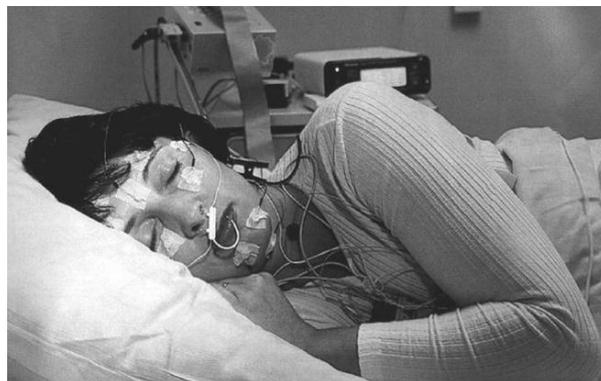


**Sleep Disorders Unit**  
**ST VINCENT'S HOSPITAL**  
SYDNEY

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**INFORMATION**  
**FOR YOUR**  
**SLEEP STUDY**

A sleep study is a non-invasive procedure in which many activities of the body are monitored while you sleep. The purpose of the sleep study is to determine whether you have a sleep disorder, or to treat already diagnosed sleep disordered breathing. Simple, non-invasive sensors are attached to your scalp, face, chest and legs in order to measure brain, heart, breathing and movement activity during sleep. During the study you will sleep in a private bedroom adjacent to a room in which most of the computer recording equipment is operating. A trained Sleep Technologist stays with you all night to monitor the recording and provide any assistance you may require.



**HOW WILL I BE ABLE TO SLEEP?**

Surprisingly, most people sleep well. The sensors are applied so that you can turn and move during your sleep. Generally, you will not be aware that you are wearing the sensors after they have been on for a short time.

**CAN I GO TO THE TOILET DURING THE NIGHT?**

Although you will be wearing a number of sensors, they all connect to a single box which can be quickly disconnected should you need to get up during the night. You will be able to communicate with the Sleep Technologist at any time during the night via a bedside intercom.

**WHAT DO I NEED TO BRING?**

- ALL your usual medications, sleeping tablets and any medical equipment (puffers, nebulisers)** that you would normally use in the evening and next morning  
**(Issue of medications by the hospital after hours is difficult and there are often lengthy delays)**
- For diabetic patients who experience night-time hypoglycaemia please bring your usual snacks**
- Personal aids** such as glasses, hearing aids, walking aids, dentures etc
- Your Medicare Card and private health insurance card if you have membership
- Comfortable, warm nightwear, a pair of bed socks (the Sleep Unit is air-conditioned)
- Flat-soled, non-slip footwear or slippers
- Toiletries including **shampoo/conditioner** (to remove the electrode paste from your hair & scalp). The hospital only supplies soap and towels. If required, please bring your own hair dryer.
- Your own pillow** or anything else that may help you sleep more comfortably (ear plugs, eye pads etc)
- Something to read or work on while your study is prepared (your room has a TV with basic free-to-air programming and the hospital provides free Wi-Fi access).
- Mobile phones, laptops and tablets are able to be used until the study is commenced (when you will be asked to switch these devices OFF)
- For those patients having follow-up CPAP or Bi-PAP studies please bring your machine & accessories

**HOW DO I PREPARE FOR MY SLEEP STUDY?**

- Keep to your regular routine as much as possible – we aim to simulate as closely as possible your normal night's sleep
- Unless instructed otherwise by your referring doctor, take all your medications as usual
- Try to avoid napping on the day of your study
- Consume your normal quantity of caffeine-containing beverages and/or "energy drinks"
- You may shower at home or alternatively in your ensuite after arrival at the Sleep Unit
- Ensure your hair is dry and free from gels, spray or oil
- For males** please ensure a clean-shaven face (as electrodes will be placed on your chin). If you have a beard please ignore this request as we will use an alternative site for electrode attachment.
- For females** please remove nail polish / acrylic nails from one of your index or middle fingers (the sensor used to monitor your oxygen level is attached at this site)

## **PARKING**

Parking is available in the parking station, entry via Victoria Street in front of the main hospital entrance. This is a privately owned facility and fees are charged. The total fee to park overnight is approx. \$32.00: consisting of a night rate (entry after 4.00pm) parking fee of \$15.00\* plus a casual day rate of \$17.00 (exit 1-2 hours after the car park opens at 6:30am). For more information contact Grimes Parking P 8382 3896.

**\*You must pay the cashier ON ARRIVAL or you will be charged the full rate (approx. \$60).**

## **ALCOHOL & SMOKING**

St Vincent's Hospital is a smoke-free environment (as per the NSW Department of Health Regulations). Consumption of alcohol within the hospital and its environs is not permitted.

## **PRE-ADMISSION TIME**

**Your pre-admission consultation with a Sleep Physician is scheduled for 5:00pm**

Please arrive promptly as medical staff are rostered to the Sleep Unit only until 5:30pm.

## **DINNER**

An evening meal will be provided at 5:30pm. Alternatively, Bites Cafe, located in the main hospital foyer, is open until 6:30pm. Tea, coffee making and microwave facilities are available.

## **ADMISSION TIME**

**Admission time for your sleep study is 6:30pm**

## **BEDTIME**

The Technologist will apply the study equipment which takes approximately 1 hour. You will still be free to move around your room and may read or watch TV until you are ready to go to bed. We aim to approximate your usual bedtime, however, as you will be woken early in the morning latest bedtime is 11:00pm.

## **DISCHARGE TIME**

**Discharge time is 7:00-7:30am the following morning**

Your study will be ended the following morning at 6:15am. The Technologist will remove all equipment and you are free to shower before a light breakfast is delivered at 6:30am. **Should you have special dietary requirements – e.g. gluten / lactose free please advise us at least 24 hours before your study.**

**The Sleep Unit closes at 07:45.** Please ensure you have arranged transport / collection prior to this time.

Should you need to leave earlier than 7:00am (due to work commitments etc) please notify the Technologist upon arrival at the Sleep Unit.

## **RESCHEDULING APPOINTMENTS**

Should you feel unwell or have any other condition which is preventing you from sleeping well at home, or should you be **unable to attend** your appointment, please notify the Sleep Unit at least 24 hours before your sleep study so that your appointment can be rescheduled and a replacement arranged.

## **WHEN WILL I KNOW THE RESULTS OF MY SLEEP STUDY?**

Complete analysis and reporting of your sleep study takes several days. If any medical problems, which require immediate intervention, are identified you will be informed by telephone. A full report will be sent to the Specialist who requested the sleep study within 10 days. Please ensure you have arranged a **follow-up appointment** with your Specialist to discuss the result.

## **CANCELLATION LIST**

On occasion cancellations do occur and appointments may become available at short notice. If you would like to be placed on the cancellation list please contact the Sleep Unit.

## **INTERPRETER SERVICE**

The hospital provides a free and confidential interpreter service in 60 languages, including AUSLAN. If booked, an interpreter will generally attend the Sleep Unit for 2 hours at the beginning of the study to assist with hospital admission, completion of any documentation and to provide an explanation of the test procedures. Should you require an interpreter please **contact the Sleep Unit at least 5 days ahead of the study.** Alternatively, you may wish to have a family member accompany you for the first few hours of the study.

## **CARE GIVERS**

Should you require assistance with feeding, dressing or bathing your care giver should also attend your sleep study overnight. The Sleep Unit employs scientific staff who are not able to provide nursing care. A mattress can be made up in the room for your care giver. Please advise us at least 24 hours before your sleep study if your carer is also attending the study.