



SLEEP STUDIES FREQUENTLY ASKED QUESTIONS

What happens when I arrive for my sleep study?

When you arrive in Flinders Private Hospital, we will settle you in a single bed room equipped with TV, radio and refreshments. You will be shown the equipment that will be used and given the opportunity to ask questions. You should also inform your designated sleep technologist of any changes in your sleep, or specific difficulties you have not already discussed with your sleep specialist.

The sleep technologist will then leave the room to prepare your sleep study, giving you the opportunity to change into your nightclothes and prepare for bed. Remember to inform your sleep technologist prior to your study, if you have any commitments in the morning, so that a wake-up call can be arranged.

What is involved?

After settling in we begin with the sleep study setup, small leads are placed around sites on the head and body to measure your sleep and other things such as oxygen levels and breathing.

What if I can't sleep in a foreign bed with strange wires attached to me?

This is the most commonly asked question by patients.

While we recognise that your sleep at our centre may not be exactly like your sleep at home, we have gone to great lengths to ensure that our sleep study rooms are neat and comfortable. At our sleep centre at Flinders Private Hospital, we have spared no expense to ensure patients have the very best comfort, care and technology.

As strange as it may seem to have electrodes attached to your body, most people do not find them uncomfortable or an obstacle to falling asleep. Even though you may not have the same quality or quantity of sleep you would get if at home, this usually does not interfere with obtaining the necessary information from your study.

How long does the sleep study take?

We like to get 7 to 8 hours of sleep recording. We do require a lights out time, however this will be negotiated with you to cater for your sleeping pattern. You will be woken anywhere from 5.50am to 6.30am for a 7am discharge.

What do I need to bring for my sleep study?

We generally ask that you pack an overnight bag, as you would if you were planning to spend the night at a hotel or friend's house. You are most welcome to bring your own pillow and extra clothing. Please advise our friendly staff of any special requirements you might have.

Other items to bring include:

1. Medicare card;
2. Toiletries, such as a toothbrush, towel, shampoo and soap;
3. Comfortable bed clothes; and
4. Medication, if required.

Is there anything I should do before coming for my sleep study?

1. Avoid caffeine (coffee, tea, cola, chocolate) after 2:00 pm;
2. Avoid taking a nap during the day;
3. Have dinner;
4. Have a shower, and remember not to apply hair sprays, oils or gels;
5. Remove all makeup; and
6. Ensure all fingernails are free of nail polish and artificial nails.

Should I take my medication as usual?

It is essential that you inform your sleep specialist of any prescribed or over-the-counter medication you are taking, as certain medications can affect sleep and sleep study results. In some cases, certain medications need to be discontinued gradually prior to a sleep study so that the results can be interpreted correctly.

Remember, do not discontinue any prescription medication without first talking to your sleep specialist.

I am feeling sick, should I still come?

Colds or allergies are usually fine and won't affect the study. If you have a fever or aches or pains you should reschedule.

When will I get the results?

Turn around time for reports is 7 to 14 days. Follow up appointments are made with your Sleep Specialist.

Catering?

Refreshments are offered at your arrival however there is no dinner. A free Light breakfast is available in the morning at Hudsons Coffee located on the ground level.

CPAP STUDY (CONTINUOUS POSITIVE AIRWAYS PRESSURE)

What is involved?

The same monitoring leads that were placed on during the diagnostic study will be also placed on for CPAP study to provide a comparison of results. After an education session and adjustment trial with CPAP, the treatment will be used overnight and the pressure adjusted (remotely) according to your needs. The goal is to control upper airway collapse, thereby improving sleep quality and oxygen levels.

Summary

We thank you for entrusting your sleep health to SOUTHERN SLEEP. We trust your experience here will be a valuable one.

By actively deciding to undergo a sleep study, you have taken the first big step to putting your sleep health in order and reviving your lifestyle.