

HOME BASED SLEEP MACHINE NEEDS TO BE RETURNED BY 9.30AM THE NEXT DAY.**PORTABLE SLEEP STUDY INFORMATION****What is a Portable Sleep Study?**

A Portable Sleep Study is a test to determine how well and how efficiently you are sleeping, that you are able to take home with you. This test is used to look for the cause of sleeping problems by providing information in regards to your breathing, snoring, oxygen levels, brain activity, heart activity, body position and body movements while you sleep.

Why am I having a Portable Sleep Study?

Your doctor wants to know what is happening to your body while you are sleeping to help find reasons for problems such as excessive daytime sleepiness or excessive snoring. Portable Sleep Studies are used as a screening process to check the efficiency of your sleep, whether your sleep is affected by a condition such as Sleep Apnoea or to check how well a treatment is working for you.

What can I expect on the day?

You need to bring your Medicare card and referral.

When you come into the clinic to be setup with Portable Sleep Study equipment, please wear comfortable clothes that you will be able to sleep in that night, so that we can set up the equipment on top of your sleepwear. It is also advised that you drive or get a lift to the clinic instead of taking public transport if possible. The equipment is worn from the time you are setup at the clinic until the next morning when you bring it back.

You will be seated while staff are setting you up with equipment and instructed on any other details at this time. Multiple wires will be placed on different areas of your body, mainly your head, measuring your breathing, snoring, oxygen levels, brain activity, heart activity, body position and body movements. Once you are setup you are free to go home and carry on the rest of the evening exactly the same as what you would do any other evening.

The next day we require you bring the equipment back to the clinic so that staff can download data.

The test is not unpleasant and you are able to sleep in your own bed. Some patients can find the wires slightly uncomfortable and we understand you may not have your best nights sleep with them on, this will not affect the quality of the information we receive.

Please do not get any of the recording equipment wet. Please do not lose or damage the recorder or leads. Replacement recorders cost over \$5000. Replacement leads cost over \$300. Please do not use an electric blanket. Please keep your mobile phone and any other electrical equipment as far away from you as possible while you are sleeping. These other electrical signals interfere with information we receive.

What about the results?

Once you have brought the equipment back to the clinic, staff will download information from recording device and send to Sleep Specialist to report. You will then need to see your Sleep Specialist to discuss results.

This process of downloading and reporting generally takes a week.

Home based studies are prone to interference and signal loss. From time to time the information collected is not sufficient to accurately report the results. If this is the case, Western Sleep and Breathing Clinic may be required to repeat the home based sleep study free of charge

PLEASE ENSURE ALL MAKE UP AND NAIL POLISH HAVE BEEN REMOVED BEFORE HBSS APPOINTMENT . Please do not ask staff about your results. Your doctor is the best person to answer your questions.