Sleep Study Information Sheet

Address **Mark Oliphant Building, Level 2A, 5 Laffer Drive, Bedford Park.**
You can park for free in any of the marked "visitor" carparks near the entrance.

Getting into the building

If you arrive out of hours, press the intercom bell near the main doors and wait for someone to answer.

If the main doors open, come up to level 2 via the stairs or lift and use our reception phone to contact "AISH Sleep Lab" or the relevant researcher for your study.

Should you have any problems finding your way, the sleep lab phone number is **7421 9909**.

The facilities

You will have a private bedroom with ensuite bathroom, clean linen and basic toiletries (shampoo, conditioner, body wash) are provided. Room temperature is generally set to 20°C and additional blankets are available if needed. We can provide a light breakfast in the morning i.e., cereal, juice if required but it is advised to consume dinner prior to arrival and bring plenty of snacks for your overnight stay.

What is a sleep study?

A sleep study or polysomnography is a medical test used to diagnose sleep disorders. A sleep study is not invasive, and it is usually conducted at night. A recording of brain activity, breathing function, blood oxygen levels, heart rate and muscle recordings are made during the study.

Why do I need to do a sleep study?

Your doctor may recommend a sleep study if he/she suspects you have sleep disordered breathing, periodic limb movement disorder, insomnia, and unusual behaviours during sleep.

How can I prepare for my sleep study?

We recommend that you follow your regular bedtime routine on the night of your sleep study. Please have clean, product-free hair. Alcohol is not permitted to be brought or consumed on the premises. We are a smoke-free facility. For us to collect an accurate recording during the study, please remove any nail polish you may have on your fingers.

What should I bring?

- Medications you take at night and in the morning
- List of all medications
- Toiletries, toothbrush
- Pillow (if you wish)
- Light sleeping clothes (t-shirt and shorts or pyjamas, preferably zip- or button-up)
- Light snacks & dinner/breakfast (if needed)

What does a sleep study involve?

During the night of your sleep study, you will be required to stay overnight in our sleep laboratory.

The sleep study involves sleeping with sensors attached to your head, face, and chest to monitor when you are awake and asleep. In addition, a probe on your finger will monitor your oxygen levels, bands will be placed around your chest and abdomen along with airflow sensors over your nose to monitor your breathing. A video and audio recording will be made for the duration of the study. The setup process can take some time so we will start at least 30 minutes prior to your planned bedtime.

The technician will explain exactly what they are doing at all times and none of the procedures are painful in any way. Spots on your skin and scalp will be prepared with paste and alcohol. Electrodes and gel are then applied to the surface of your skin on your head, face, legs and torso. Stretchy bands are placed around your chest and abdomen and a nasal cannula and temperature sensor are placed near your nose to measure breathing. A probe on your finger will measure your blood oxygen level. A small microphone sensor and a sound meter in the room will both measure snoring.

There is a video camera to monitor your sleeping position and any movements you make in your sleep. This will only be recording during the time of the study setup in the evening and for monitoring overnight.

If you need assistance during the night or need to get out of bed to use the bathroom, **press the call bell** and the researchers will ensure you get up safely and without damaging or removing the equipment.

What can I expect on the night of my sleep study?

You will be informed in advance of the time to arrive to our sleep laboratory, on the night of your overnight sleep study appointment. You may bring items for your bedtime (e.g., nightclothes, toiletries, etc.).

In your bedroom, we will measure your height and weight, do a quick interview about your general health and sleep, and plan your sleep and wake times.

You will be provided with a private bedroom and ensuite for you to settle in and prepare for bed. A technologist will attach sensors to your head, face and body. While you are asleep, a technologist will monitor you throughout the night. You may not fall asleep as easily or sleep as well as you would at home, but this will not affect the outcome of the sleep study. In the morning, we will remove the sensors and you may leave the sleep laboratory.

After morning data collection, the sensors will be removed and you can shower, have breakfast, and/or leave. **Please ensure all personal belongings are collected before leaving the room, as responsibility for these items rests with you.**

Are there risks to me in taking part in this study?

All medical procedures involve some risk of injury. In addition, there may be risks associated with this study that are presently unknown or unforeseeable. A sleep study is a non-invasive and painless test. Complications are rare. The most common side effect is skin irritation from adhesives used to attach sensors to your skin.

We do not anticipate major adverse effects in the sleep study. However, as a precaution, you will be monitored continuously in the sleep laboratory where first aid will be immediately available with appropriate referral to medical attention if required. At least two staff will be present in the laboratory at all times.

What can I expect from the results?

After your overnight sleep study, the information collected from the sleep study will be evaluated by a technologist. The results will be forwarded to your sleep physician for a diagnosis. Your results from the sleep study will be reviewed with you by your sleep physician. Only your sleep physician or doctor can provide you with information about your results.

Should you have any questions prior to your sleep study, please do not hesitate to contact your study coordinator or email us at *aish.sleeplab@flinders.ed*