

Home Based Sleep Study Patient Information

Appointment details

Date: ____/____/____

Time: ____:____

Location: _____

What to expect:

During your 1 hour appointment, a Sleep technician will attach a device (pictured here) with multiple sensors and wires that you will wear at home and return the next day. We do not recommend that you take public transport home from your appointment or plan on running errands afterwards. The sleep wires are thin and will not cause any discomfort.



- Preparing for the appointment:
 - Please shower prior to your appointment, as our equipment is not waterproof and avoid using moisturizers/oils on your skin/hair.
 - What to Wear: Clothes suitable for sleep, particularly on your top half as once the monitors and wires are on you cannot remove your shirt. Loose fitting pants, skirts etc are all acceptable.
 - We recommend that you also bring a button-up/zip-up top to cover the equipment while traveling home.
 - Men: Full beards are okay, but if you are normally clean-shaven, please remove any stubble as it prevents proper attachment of the sensors.
 - Women: Please make sure that one of your fingertips is bare of nail polish and/or acrylics, so we can attach the oxygen sensor.
 - Once fitted with the sleep equipment you can go about your normal nightly routine.
 - We ask if possible, can you please stop taking any long acting Asthma medication 24 hours prior to your sleep study. If you are taking short acting inhalers, if you can please cease using them 8 hours prior that would be greatly appreciated. As you will be having a lung function test.
 - There are no restrictions on eating and drinking
- To bring:
 - Referral
 - Completed Paper Work (Patient Registration & Questionnaire)
 - Medicare Card
 - Concession Cards
 - Any other Medical documents you feel may be relevant to your Sleep Study
- The morning after:
 - Once you are up for the day, remove the sleep monitor equipment, place it in the bag provided along with your Sleep Study Diary and continue with your normal morning routine.
 - Return Kit to your Sleep Technician