



What Can I Expect From My Sleep Study?

Introduction

Thank you for visiting the SOUTHERN SLEEP

At SOUTHERN SLEEP we help people revive their lifestyle by improving the sleep they get. You may not know it, but sleep can give you tremendous power. It has the power to restore, rejuvenate, and energise your body and brain. Whilst we spend only a third of our life asleep, it has profound effects on the other two thirds of your life in terms of alertness, energy, mood, body weight, perception, memory, reaction time, productivity, performance, decision making, communication skills, creativity, safety, and quality of life.

By deciding to undergo a sleep study, you are taking the first step in improving your sleep health. By reading this brochure, we hope to help you understand the procedure you will soon undergo, in order that your stay will be more relaxed and interesting.

If you have any further questions or enquiries, please feel free to ask any of our friendly, dedicated staff.

What is a Sleep Study?

A sleep study is a recording of the way you sleep. Contrary to public perception, sleep is not a passive state. Sleep can be categorised into different stages, including drowsiness, light sleep, deep sleep, and dream sleep. By analysing your sleep patterns as you cycle through each of the stages, we can determine whether a sleep disorder is present.

Your sleep study will involve:

1. the attachment of tiny sensors called electrodes to various parts of your body to monitor brain waves, muscle movements, eye movements, breathing through the mouth and nose, snoring, heart rate, and leg movements;
2. elastic bands around your chest and abdomen to measure breathing; and
3. a clip on your finger to measure your heart rate and oxygen level in the blood.

In certain cases, a camera may be used to videotape sleep. This is useful in the detection of any movement abnormalities occasioned during sleep. You will be informed of this by your sleep technician if it is required.

Why Do I Need A Sleep Study?

A sleep study is required to fully understand your sleep difficulties. By recording the activities of your brain and body system, as well as their relationship throughout the night, a qualified SOUTHERN SLEEP specialist can review and interpret your data to determine whether a sleep disorder is present and recommend appropriate treatment if necessary.

When Will I Get My Results?

The analysis and interpretation of a sleep study is a complex process involving a variety of specially trained professionals. Apart from our dedicated team of sleep specialists who review and interpret the final results, we also have specially trained sleep technologists that process or "score" the copious amount of data recorded during the study. On average, this involves sifting through more than 800 pages of data.

At the SOUTHERN SLEEP we make it a priority to get your results back to you as efficiently as possible, and we pride ourselves on the ability to do so within 2 weeks. **Following your sleep study, remember to book an appointment with your sleep specialist, allowing 2 weeks for analysis.**

Frequently Asked Questions

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.

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.

What happens when I arrive for my sleep study?

Upon arrival at the centre, one of our friendly sleep technologists will greet you and show you to your room. 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.

All that's required next, is for you to simply sleep. Your sleep technologist will monitor and measure your body functions and measurements from a nearby room. If at any stage you require assistance from your sleep technologist, an intercom will be within arms-length.

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.

Summary

We thank you for entrusting your sleep health to SOUTHERN SLEEP. We trust your experience here will be a valuable one. It is hoped that having read this information brochure, you will have a better understanding of the procedure you will soon undergo.

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.