

What is a sleep study?

Respiratory

Introduction

This leaflet will explain what a sleep study is. We hope that it will answer all your questions, however, if you have any further queries please talk to your healthcare professional.

Why do I need a sleep study?

Your doctor may suspect that you are suffering with a condition called Obstructive Sleep Apnoea or 'O.S.A' for short. Sleep Apnoea is a condition when you hold your breath while you sleep. Signs and symptoms of Sleep Apnoea might include:

- Stopping breathing during sleep
- Significant loud or prolific snoring
- Feeling tired during the day or feeling unrefreshed on waking up
- Making gasping, snorting or choking noises during your sleep
- Waking up with a headache
- Waking up frequently or moving a lot during sleep
- Mood swings or poor concentration.

Your doctor may refer you into the sleep clinic at the hospital for a sleep study to investigate your symptoms. Sleep Apnoea can be serious if it is not diagnosed or treated effectively.

What is a sleep study?

This is an overnight test, performed in your own home. You will be given an appointment to come and collect the equipment and also have instruction on how to use it. The test records your breathing, oxygen levels, heart rate, sleeping position and may also have an audio device to pick up episodes of snoring.

The equipment is lightweight and made to be as comfortable as possible so as not to interrupt or disturb your sleep. You will be required to wear this throughout the night. The equipment is portable and battery operated so you will be free to move around, for example to go to the toilet during the night.

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

What do I need to know about my sleep study appointment?

You will need to come into the hospital to collect the sleep study equipment. You will be asked to sign a loan form which asks you to look after the equipment as it is expensive, but also to sign to say you will return the equipment the following day (usually before midday).

Do I need to do anything on the day of my sleep study appointment?

- You should refrain from taking caffeinated drinks (coffee, energy drinks) from midday onwards
- You should avoid taking any sleeping tablets if you do not normally take them
- Do not drink any alcohol on the day of your test
- Please also remove any nail polish or false nails prior to attending for your sleep study as this can impact on the quality of the test
- The equipment is best worn over the top of some light clothing. When you go to bed please wear either a t-shirt or vest you are happy to sleep in, or a pyjama top or night gown / dress.

Is the sleep study painful or does it have any side effects?

No, the test is non-invasive and painless. Most people are able to have a normal nights sleep whilst wearing the equipment.

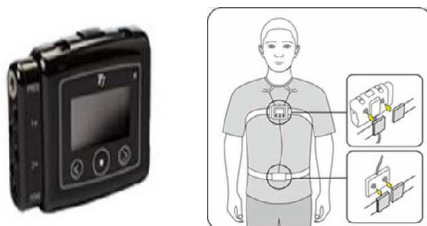
How long will the appointment take?

In most cases patients will simply be coming to collect the equipment and to have some instruction on how to use it. You will also be asked to complete a sleep questionnaire (although this could also be completed in your own home at your leisure). You will also be required to sign an equipment loan form. This whole process takes anything from 10-30 minutes. There will also be an instruction guide issued with the equipment to help you remember the instructions when you need to use it later on.

How do I use the sleep study equipment?

The equipment has already been set up with your patient details and also with new batteries. We will need as a bare minimum at least 5 hrs of you sleeping with it on to get an accurate reading, you will not have to press any buttons, please attach the equipment to your person (using the simple guide below).

1. Using the crocodile clips attach the black box to the neck or collar of a t-shirt or vest and place against the chest (see picture below)
2. Attach one of the white elasticated belts provided, to the back of the black box (see below). Using the press studs on the rear of the black box, feed the elasticated belt around your chest, under the arm pits, and clip the other side to the remaining press stud (make sure the belt is not twisted)

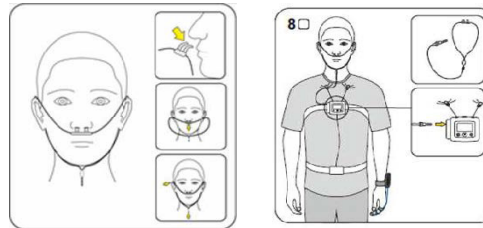


3. Repeat using the other belt, but this time around the belly / over the belly button (see picture above)

4. Attach oximeter (wrist watch device below) onto wrist and attach soft probe to a finger; make sure the finger probe cable runs across the top of the hand to ensure the probe is on the right way up, (see photograph below). Remove any nail varnish from the finger nail as this will affect the signal, and do not push your finger too far through the soft rubber finger sock



5. Attach nasal cannula – see picture below; cannula prongs need to rest just inside each nostril



The other end of the nasal cannula plugs into the hole on the side of the black box; see lower inset image in the right hand box above.

6. The equipment will start recording automatically. **Please do not press any of the buttons on the device**
7. In the morning take off the equipment. Please throw away both of the white belts and also the nasal cannula into your general waste bins at home
8. Place the black box and oximeter (wrist watch device) back in the box you originally collected the equipment in, and return it back to the department you collected it from. Thank you.

What should I do if I no longer wish to have the sleep study?

Please contact the department as soon as possible so that the appointment slot and the equipment can be allocated to another patient.

When will I know the results of my test?

Your results will be analysed and the report will be reviewed by your consultant who will be in touch either by telephone or letter to discuss the results with you.

After returning the equipment back to the department the following day a Physiologist will interpret or 'score' the sleep study. This involves looking at the whole night of the recording and looking for any abnormal sleep events. Once reported, your sleep study will be sent to both your electronic patient record and also for review by the sleep consultant.

What are the next steps after my results have been reviewed?

Following this you may receive one of the following:

- A letter informing you that the sleep study was normal and no further action is required; please note that sleep apnoea may not require treatment if it is classed as mild in nature
- An appointment letter to come and see the consultant in a sleep clinic to discuss the results
- If the consultant deems that treatment is necessary then you will be booked for an appointment to commence CPAP (pronounced "see-pap").

What is a CPAP (or Continuous Positive Airway Pressure)?

If it is felt that you would benefit from CPAP then you will be invited back into the department to collect one.

A CPAP is a machine that gently pumps air into a face mask that patients wear over the nose or nose and mouth while they sleep. The treatment will improve breathing while sleeping, improve the quality of sleep and thus reduce the health risks linked with untreated Sleep Apnoea (such as high blood pressure).

Using a CPAP may feel strange to start with, but it is important to keep trying to use it as the benefits of the treatment can be significant. If you are required to have a trial of CPAP treatment then you will receive an appointment to come and collect a machine and have in-depth instruction on how to use it.

Once on CPAP treatment, you will be followed up by the physiology team. They will be able to remotely monitor your machine (or access it without you having to bring it in to us) to assess how well the treatment is working for you. Most CPAP follow up appointments will therefore be carried out via the telephone, if this is not possible or there is a problem with your CPAP that we cannot deal with over the phone, then we may have to ask you to come in for an appointment. In the case of a face to face appointment please bring your CPAP and all the accessories with you.

Are there other treatments available?

Yes, however CPAP is classed as the 'gold standard' therapy for OSA in most cases. Less common treatments include:

- Wearing a gum shield device that holds your airway open while you sleep (this is called a mandibular advancement splint or 'MAS' for short)
- Surgery to help your breathing such as removing large tonsils
- Weight loss – sleep apnoea is linked to obesity and a large collar size.

I have other questions not answered in this leaflet?

If you have any problems or questions please do not hesitate to contact The Respiratory Centre on 01902 695061 and speak to a member of the Respiratory Physiology team.

Sleep and Ventilation Service;
The Respiratory Centre (B1);
New Cross Hospital;
Wolverhampton Road;
Wolverhampton;
WV10 0QP

Monday to Friday 8:30am-5:00pm

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。