

What is a sleep study?

A sleep study is an overnight recording of your sleep, breathing, heart rate, leg movements and snoring for the diagnosis and evaluation of sleep disorders. Sleep studies can be performed either at home or in hospital.

What is the purpose of a sleep study?

The purpose of a sleep study is to get a thorough understanding of your sleep and to identify disorders that interfere with sleep and daily life.



Why do I need a sleep study?

Your doctor has felt that due to your snoring, symptoms of tiredness, sleepiness or other medical conditions, it would be appropriate to assess if you have a breathing or movement disorder while you sleep.

What sleep disorders can be diagnosed?

Home-based sleep monitoring can diagnose snoring, obstructive and central sleep apnoea, periodic leg movement disorder, and insomnia. The sleep study can also give valuable information to assist in the diagnosis of delayed sleep phase syndrome and narcolepsy.

What is involved in a home-based sleep study?

On the day of your sleep study you will visit a Sleep Services Australia Centre for instructions and collection of the sleep monitoring device. The device is worn overnight to monitor breathing, oxygen level, brain activity, cardiac activity and body movements using several simple sensors applied to the skin surface. The device is returned the following day to the Sleep Services Australia Centre for assessment.

Please arrange an appointment with your doctor two weeks after your sleep study to obtain your results.



How do I book for a sleep study?

Your health practitioner can refer you directly for a sleep study. Please ask your them to fax, post or email your referral to us and one of our reception staff will contact you within two working days to arrange an appointment. Sleep Services Australia requires your referral prior to booking an appointment.

What do I need at my appointment?

- Any treatment devices that you may be using such as CPAP equipment including all accessories, or an oral appliance.
- Medicare Card and any benefit cards (e.g. DVA, Healthcare)
- If you have difficulty remembering or understanding instructions please bring your partner or carer.
- A list of medications you are currently taking.
- Mode of security for the sleep monitoring device (credit card).

Preparation before your home-based sleep study

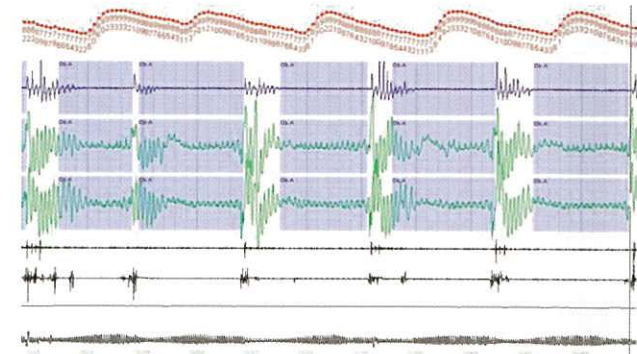
Prior to applying your sleep study equipment, have your usual evening meal and your usual alcohol beverages. In order to get a good contact between the sensors and your skin, please shower, remove any makeup or nail polish and wash your hair. Do not apply moisturisers or oils to your skin.

The sleep study is a record of your night's sleep. Your routine should remain the same as usual. The only difference being you will be applying and wearing a sleep monitoring device. You will place the sensors on your body as instructed at your appointment, approximately 30 - 45 minutes before your usual bedtime. Take your medications as usual unless otherwise instructed by your referring doctor. At the end of the study, you will remove the electrodes and return the equipment to the Sleep Services Australia Centre as instructed during your booking.



How will I get the results?

Your results will be sent to your referring practitioner within 7-10 business days. Please ensure that you have scheduled a follow-up appointment with your doctor two weeks from your sleep study date to discuss the results.



Other services we provide

In addition to diagnostic sleep studies, we also provide a CPAP service, including mask fittings, machine servicing, trouble-shooting of equipment problems, and treatment reviews. Other services include: Dental appliances, Provent and specialist sleep and respiratory consultations.



Want to know more?

For booking or enquires about home-based sleep studies, call Sleep Services on 1300 867 533 or visit www.sleepservices.com.au

Appointment Policy

- ❖ All appointments are to be made by calling our Head Office – Local Call 1300 867 533.
- ❖ You will be asked to provide detailed information when making your appointment – including your Medicare number. We require payment of the non-refundable booking fee at time your appointment is made.
- ❖ We will endeavour to confirm all appointments a day in advance, however this is done as a courtesy and attending is your responsibility

Cancellation Policy

- ❖ As all services are provided by appointment only and this time is reserved for your exclusive use, we request at least 48 hours notification before your appointment for all changes and cancellations.
- ❖ For phone cancellations, please call 1300867533
- ❖ For email cancellations, please enter in the subject line 'Appt Cancellation'. In the body of the email, please enter – Your First Name, Last Name, Contact Telephone Number and date and time of the appointment you wish to cancel.
- ❖ All cancellations within 48 hours of your appointment will incur a cancellation fee.

Appointment Details

APPOINTMENT Date:...../...../..... Time:.....

Your nearest Sleep Study Centre

Sleep Services Australia, national provider of Home-Based Sleep Studies offers:

- Sleep Study Centres throughout Australia for Home-Based Studies and CPAP Therapy
- CPAP Trials plus ongoing evaluations
- Specialist Sleep and Respiratory Consultations
- Mandibular Advancement Splint (MAS) Therapy
- Treatment options for sleep and respiratory disorders.



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A guide to your

Home-Based Sleep Study



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