

# HOME SLEEP STUDY

## Care of the Instrument

Avoid exposure to sunlight and avoid getting it wet.

Please return the portable home sleep study device before 11am the next morning (we open at 8am).

The sleep technicians need to download your report and prepare the machine ready for another patient.



**Dr Antonio Ambrogetti**  
50 Smith St  
Charlestown NSW 2290  
Tel: (02) 49-422-457 Fax: (02) 49-478-128

[www.sleepmedicine.com.au](http://www.sleepmedicine.com.au)

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# Home Sleep Study

Your doctor has requested that you have a home sleep study in order to get more information about your sleep.

A home study is a “simplified” sleep recording that can be performed at home.

It is best used for the diagnosis of snoring and sleep apnoea. It is less useful for more complex sleep disorders (due to the need to video the patient with more complex problems) and when a person has multiple medical problems.

## Advantages

- May be performed at home in a familiar surrounding.
- It is easy to set yourself up.
- You can put the “wires” on just before going to bed.

## Disadvantages

- The study is not supervised and therefore if one of the wires becomes disconnected we may lose the signal, sometimes the entire study.
- The wire attachment can become loose particularly if the patient sweats a lot.
- In particular men with a beard may have difficulty in keeping the wires attached to the skin.
- The person is not video-recorded like they would be in an overnight hospital study.

## Suggestions

- It is very important that the sleep study set up is done well, so that good quality signals are recorded and the test does not have to be repeated.
- Care should be taken to prepare the skin properly and apply the electrode dots and sensors accurately.
- It will take 20-30 minutes to set yourself up.
- If any electrode dots and sensors come off during the night please try to re-attach them.
- The sleep scientist will provide you with a practical demonstration on how to put on the wires.
- Also an easy to follow laminated step by step instruction sheet will be provided.
- Make sure that you use an alcohol wipe to clean the skin thoroughly.
- If the skin electrode comes off because of sweating, discard it, clean the skin again with an alcohol wipe and reapply a new one.

## What are we recording?

- Some wires are attached around the head and record sleep stages, stage 1, 2, 3 and stage REM (rapid eye movement) sleep.
- One elastic band is applied around the stomach and one around the chest to measure breathing movements.
- A finger probe is placed on one of your fingers to measure your oxygen.
- A little cannula is placed just outside the nostrils to measure the flow of air in and out of your nose and any snoring that may occur.
- Two chest dots are placed on your chest to measure the heart activity (ECG).



## During the Night

The device is completely portable. In the middle of the night you can get up and go to the toilet or to the kitchen and the equipment will keep recording. When we look at the study we know you were awake.

The study will be looked at and analyzed within one to 3 days by a sleep scientist and then reported on by a specialist physician.

The report will be available to be discussed with your doctor at your visit.

Home Sleep studies are bulk billed. However, we do require a current referral from your doctor.