

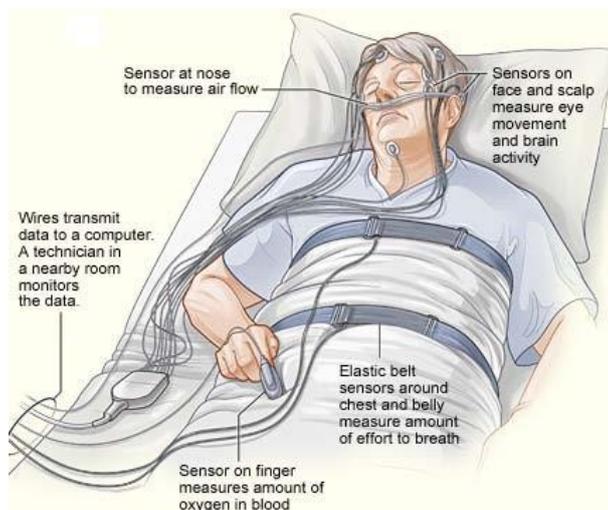
HAVING A SLEEP STUDY HELP SHEET

This Help Sheet talks about Sleep Studies: how to get ready for a sleep study, what happens during the sleep study, and what happens afterwards.

What is a sleep study?

A sleep study records your sleep and breathing during the night time. Wires are attached to the skin on your head and body before you go to sleep.

These wires read electrical currents in your body. They are safe and will not hurt you.



Where do I go to have the sleep study?

You need to visit a Sleep Studies Unit (eg. Royal Darwin Hospital in the NT) to have the wires attached. They will talk to you and answer any questions as they get you ready for your sleep study. This takes about an hour. The sleeping part of your sleep study will usually happen in your own home or residential care, but this depends on where you live. You may stay overnight.

Do I have to pay for it?

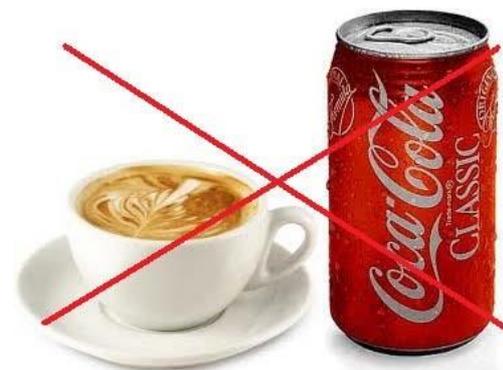
No. Sleep studies are bulk-billed to Medicare so remember to bring your Medicare card with you.

What do I need to do on the day of the sleep study?

The sleep study wants to measure and record what usually happens when you sleep so go about your normal day, do what you usually do.

Your skin needs to be clean and dry for the wires to be put on properly. Have a shower and wash your hair. Don't use makeup or oils on your skin. If you are a man, have a shave. If you have a beard it is ok, they will part the hair to apply the wires.

Try not to drink a lot of caffeine (tea, coffee, coke, energy drinks) after the middle of the afternoon.



What do I wear?

Once the wires are attached it is difficult to change your top so wear something you are happy to sleep in. A light, loose singlet or shirt can make it easier to sleep as the bands around your chest and tummy can rub against your skin.

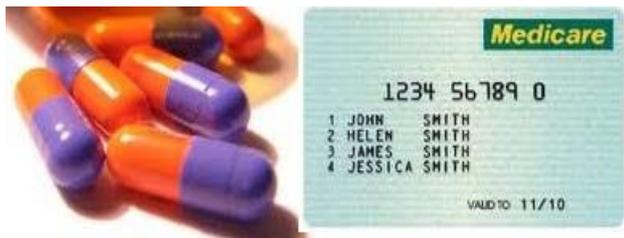
What do I need to take?

- Your medicines.
- Your Medicare card & details of any health fund you may be in.
- Someone to drive you home

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What happens during the night of the sleep study?



Once the wires are on your skin, they are connected to a small recording machine that will start and stop automatically. You and your carer will be given information about:

- putting on some final wires just before you go to bed,
- what to do if any of the wires come off,
- how the machine works,
- how to remove the wires the next morning,
- writing a 'Sleep Diary' the next morning,
- a phone number to call if you need help.

What happens the next morning?

Remove the wires as you have been told how to do. It is quick and easy.

Put the wires and all the bits that go with them, into the bag you have been given for this.

Fill in a 'Sleep Diary', writing down how the night has been for you.

Returning things to Sleep Studies Unit.

The day after your sleep study, return the bag of equipment and your Sleep Diary to the Sleep Studies Unit.

What happens to the information gathered during the sleep study?

Getting the results from your sleep study may take up to 4 weeks.

Results will be sent to your local doctor as well as to the specialist.

Straight after your sleep study, a sleep technician reads the information from your recording. They write a report on your sleeping and breathing patterns from that night. A doctor will also look at your recordings and add to the Sleep Study report. They will say what the sleep study tells them about your sleep and breathing, and may talk about more tests or treatments that could be done.

Make sure you have a follow up appointment booked with the sleep specialist so they can tell you what has happened in the sleep study and what needs to happen next.

Who can I talk to if I have questions or concerns?

MJD Foundation staff

Libby Massey 0417 279 120

Simone McGrath 0407 594 056

Your Health clinic doctors, nurses and health workers.