

Sleep Study Patient Instruction

Sleep Studies

A member of your medical team has requested a sleep study. This request is usually made by either your G.P. or a doctor that you have recently seen in hospital.

What will happen during the appointment?

You will be given some equipment to take home and wear overnight and instructed how to use it. The equipment will measure your oxygen levels and heart rate using a wrist watch device and finger probe. Some equipment also measures your breathing using a tube under your nose and bands around your chest and stomach. The equipment is expensive. If you break it or lose it then you will be charged for it so you will be required to sign a disclaimer to confirm that you accept financial responsibility for its safe return.

Pre-test instructions

It would be helpful if you can wear a light fitted top that is comfortable to wear during sleep as the device is often fitted when you attend the department. The test cannot be completed if you have gel nails applied; please contact the department to re-arrange the test at a time when these have been removed.

What does this test show?

Most often, we are usually looking for a condition called obstructive sleep apnoea (OSA). This condition causes irregular breathing during sleep and can result in symptoms such as:

- Loud snoring
- Excessive daytime sleepiness
- Unrefreshing sleep

For some patients we may be looking for reduced oxygen levels in your blood during sleep.

What happens after the test?

Once the test results are available we might need to see you in clinic to discuss the results and consider treatments. Clinic appointments may be with a Healthcare Scientist or a doctor. If the test result is normal you will be discharged back to the doctor who first referred you to us.

Preparation for your test

The device must be returned to the department the following working day at an agreed time and location (by you, or some acting upon your behalf). If the appointment is on a Friday, the equipment will be returned the following Monday. Failure to return the equipment will result in another patient's appointment being cancelled.

Questions?

If you have any questions or concerns, please do not hesitate to contact the department to discuss on **0121 371 3870**.

If you require this information in another format, such as a different language, large print, braille or audio version please ask a member of staff or email **patientexperience@uhb.nhs.uk**.

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