



Sleep Study Patient Instruction (GHH)

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 should expect to be seen within 30minutes of your booked appointment time. You will then be given some equipment to take home and wear overnight and provided with instructions on how to use it. The equipment will measure your oxygen levels and heart rate using a 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. Prior to attending the appointment, please review video QR link attached to familiarise yourself with the device.

If you are attending via hospital transport or require any additional support during your appointment, please contact the department prior to attending.



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 between 08:00–10:00 (by you, or someone acting upon your behalf). If the appointment is on a Friday, the equipment will need to 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 424 7229.

Lung function & Sleep

Good Hope Hospital

Rectory Road, Sutton Coldfield
Birmingham, B75 7RR

Accessibility

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