



SLEEP STUDIES UNIT

(Affiliated with the Adelaide Institute for Sleep Health, RGH)

SLEEP STUDY PATIENT INFORMATION

Dear _____

A sleep study has been arranged for you at Ashford Hospital on:

Date: _____ **Time:** 8.00 pm

Please complete the enclosed Patient Registration form and return it in the pre-paid envelope as soon as possible.

FEES (Applicable to all except Veteran Gold Card holders)

Following the sleep study an account will be forwarded to you. The fee for an overnight sleep study is 75% rebatable from Medicare with the balance claimable from your private health fund. A separate fee (**bed fee**) will be charged for your hospital accommodation account, which is claimable from your private health fund.

Please Note: Each health fund has several levels of patient cover. Please check your level of cover with your private health fund before your sleep study.

If you are not fully covered for a hospital admission with no excess to pay, there may be a fee to pay on admission.

A sleep study is a complex investigation which requires considerable time, effort and organisation by hospital staff. Please read the following directions carefully, as the information and suggestions provided here will enable you to be more comfortable, as well as assisting the staff and improving the quality of the study.

BEFORE YOUR SLEEP STUDY

IF THE DATE OF THE ARRANGED STUDY BECOMES INCONVENIENT PLEASE CALL THE ADELAIDE INSTITUTE FOR SLEEP HEALTH AS SOON AS POSSIBLE ON 8275 1187 MONDAY TO FRIDAY BETWEEN 9am & 5pm. THE OUT OF HOURS NUMBER (FOR URGENT MATTERS ONLY) IS 8275 1149.

On the night of the sleep study you should drink your normal levels of alcohol (e.g. with evening meal). If you regularly take a sleeping pill bring it with you to take before bed. You should try to follow as near as possible your normal sleeping schedule in the few days preceding the sleep study. If you are suffering from a heavy cold, please contact the unit, as the study may need to be postponed.

WHAT YOU NEED TO BRING

Please bring comfortable nightwear, dressing gown and slippers. You are welcome to bring your own pillow and something to read if you wish. Don't forget your toiletries.

PREPARATION FOR YOUR STUDY

En suite bathroom facilities are available, but please ensure your hair is clean, and free of any oils, creams or lacquer on the night of the study. Nail polish should also be removed. Gentlemen (excluding those with beards) are required to shave before coming in.

MEDICATION

Please also bring any medication and medical equipment you may require with you. This does not however include your CPAP pump, as one of these will be available. However, it is advisable to bring your own CPAP mask.

WHEN YOU ARRIVE

We ask that patients arrive at 8pm on the evening of their study. Parking is available in the Ezipark carpark off Everard Avenue at a rate of \$27.00 per night (up till 12 hours).

WHAT HAPPENS DURING THE SLEEP STUDY

Following admission, you will be shown to your room, and a nurse will explain to you what the study involves, and will then set up the equipment which monitors your night's sleep. The nurse will be happy to answer any questions you may have regarding the sleep study. Please complete a menu if breakfast is required.

During the night we will be monitoring your breathing, heart rate, brain activity, leg movements, and the level of oxygen in your blood.

We will apply different sensors to your skin in order to make these measurements, but please note that none of the procedures carried out during the sleep study are painful in any way.

WHAT HAPPENS THE NEXT MORNING

The sleep study ends at approximately 6.00am and you will be able to leave by 7.00am. The nurse will remove all the recording sensors, so that you will be free to shower if you wish. Breakfast will be provided, as ordered the previous evening.

YOUR RESULTS

Results of your sleep study will then be sent to your doctor, who will discuss them with you at your next appointment.

IF YOU HAVE ANY QUERIES PRIOR TO YOUR SLEEP STUDY PLEASE DO NOT HESITATE TO CALL THE ADELAIDE INSTITUTE FOR SLEEP HEALTH ON 8275 1187