
Sleep Study – Self Set Up

This document is for individuals setting themselves up for a sleep study.

A sleep study is an overnight recording of your sleep for the evaluation of common sleep disorders. This generally involves placing small sensors and electrodes on your skin along with other sleep monitoring equipment over your body. These are all connected to a small portable recording device, which will measure different aspects of your sleep and breathing during the night.

To assist with the set up – please refer to the patient set up guide or follow this step by step Youtube video: [Step by Step Home Sleep Study Set Up](#)

What do I do on the day of my sleep study?

- Do not take naps, as this will reduce your capacity to sleep at night.
- Continue with your normal exercise routine and medications.
- Ensure that you are clean with dry hair upon arrival, as you will not be able to shower or wash after your sleep study is set up.
- Do not apply any hairspray, hair oil, waxes or hair gels.

Important – please ensure

- Clean facial hair shaven (no stubble). Long beards can be left.
 - Remove all makeup, nail polish of any kind, including acrylics, shellac and gel nails, on at least one index finger.
 - Wear or bring along a comfortable shirt or a PI top (one you're happy to sleep in).
-

Note: You will need to sleep with a shirt on and won't be able to change your shirt once the sleep monitoring equipment is attached.

- Please do not perform any strenuous activities after setup up as you will be attached with wires.
- After setting up, simply go straight home, rest and relax, have your dinner and go to bed at your usual time.
- You will still be able to drive, eat, and walk. Although reducing strenuous activities will reduce the risk of any equipment falling off or becoming dislodged.

What happens when I arrive for my sleep study?

Please be punctual as we will briefly explain the equipment to you prior to taking it home.

Prior to the set up you should let us know if you are allergic to latex or tape.

Small electrodes are attached to the face and head (measuring sleep activity), the chest area (measuring heart activity), and the legs (measuring leg movements).

Soft stretchy belts are positioned around the chest and abdomen, and nasal prongs under the nose (measuring breathing). A small clip is placed over the finger measuring oxygen levels). All these sensors are connected to a small, lightweight recording device, which is portable, allowing you to wear it home. There is **no pain involved**, and none of the sensors are invasive.

You will leave the appointment with **ALL** the necessary equipment in the kit. Please do not leave this equipment in the car and protect it at all times.

What happens in the morning?

- When you wake up, please remove the monitoring equipment from your skin and body, including the device (instructions will be provided).
- Complete and return all provided paperwork.
- Pack everything up into the bag provided and return the equipment by 11:00 am (unless otherwise pre-arranged).

What happens after I return the equipment?

- The data will be fully analysed by a Sleep Scientist, then reviewed and reported by a Sleep and Respiratory Physician. Due to the complexity and vast amount of data recorded, the report may take up to 2 weeks to complete.
- Please note that there is a 10-15% chance of the study failing/being inconclusive, due to technical issues or interferences with the equipment (i.e. falling off).
- If a follow-up appointment has not been scheduled for you, please contact our clinic.

To assist with the set up – please refer to the patient set up guide or follow this step by step Youtube video: [Step by Step Home Sleep Study Set Up](#)
