

# DIRECT SLEEP CLINIC

## Please Read

### Important Information – Home Based Sleep Study

#### Before Sleep Study

- **Wear a comfortable top** (ie loose fitting t-shirt) – you will not be able to change after being wired up. A shirt must be worn.
- **Shower prior to your appointment** – you will not be able to shower after the device is attached.
- **Do not wear makeup, creams, moisturiser or oils** on your face and collarbone.
- **All nail polish/gel/acrylic nails must be removed.** A rescheduling fee of \$50 will apply if sleep test needs to be rescheduled due to nail issues.

#### Please Note

- The oximeter cannot get wet.
- Smart watches cannot be worn.
- Removal of the device, any wires, cannulas or belts throughout the night will result in a failed test. A \$100 fee will apply to be retested.
- It is essential to get a minimum of 6 hours sleep. The device runs from 7:30pm – 7:30am.

#### Upon Waking

- Do not cut any wires or unplug any sensors from the device. Disconnect as instructed during fitting.
- All equipment and electrodes to be placed into carry bag for return.
- Complete Post-Sleep Questionnaire.
- **Return device and questionnaire to Direct Sleep Clinic by 8:30am. A \$100 late fee will apply if the device isn't returned on time.**

Unless previously arranged with sleep technician

We require 24 hours notice to cancel your sleep study.

A no show fee of \$50 is payable to rebook your sleep study if you don't provide adequate notice.

If any part of the device or oximeter is damaged a \$1000 repair fee will be charged.

Read and Acknowledged: \_\_\_\_\_  
PATIENT SIGNATURE

Date: \_\_\_\_\_

Sleep Study Date:

Arrival Time: