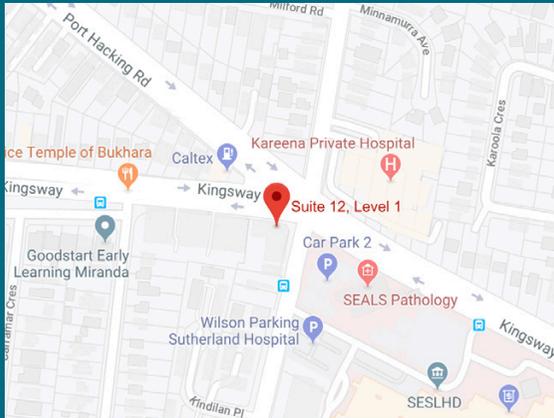
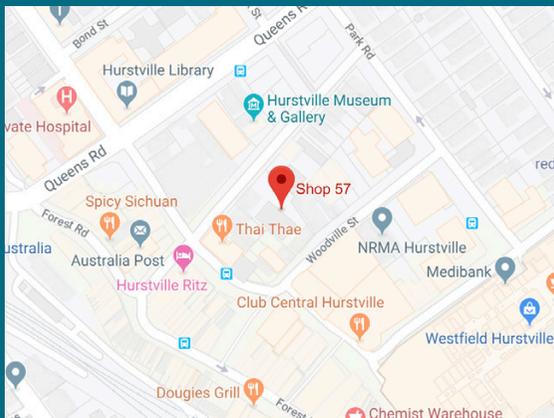


Home Sleep Study Set-up Locations:

**Suite 12, Level 1
468 Kingsway
Miranda NSW 2229**



**Shop 57/23-27
Macmahon St
Hurstville NSW 2220**



**Dr Steven Lindstrom
Southern Sydney Respiratory
& Sleep Specialists**

Home Based Sleep Study Information



Sleep Studies in the comfort of your own home



Phone: 9531 4222



Why is a Home Based Sleep Study performed?

Sleep Apnoea is a condition which results in pauses in breathing during sleep. The upper airway blocks off or obstructs intermittently resulting in disturbances to the usual sleep pattern and poor refreshment from sleep. The condition can be associated with high blood pressure, heart rhythm problems, heart disease, diabetes and stroke.

What is a Home Sleep Apnoea Monitor?

A Sleep Apnoea monitor is a small device which is used to measure chest movement, oxygen saturation, pulse rate, nasal airflow and position while you sleep in your bed in familiar surroundings. It is a simple, effective method of diagnosing Obstructive Sleep Apnoea. Patients appreciate being able to undergo the test while sleeping in the comfort of their own bed.

Does it hurt?

The procedure is not painful, however, you may find the tubing in your nostrils and finger attachment uncomfortable. You may also have difficulty sleeping on your stomach due to the positioning of the bands. The monitor is safe, lightweight and compact.

What to bring on the day of your study

- Referral
- A loose fitting T-shirt without buttons
- Medicare card
- Credit card for a security imprint
- No nail polish or false nails
- Minimal Facial Make-Up

What is involved?

- You need to present to either Miranda or Hurstville centres at the scheduled time. Belts are fitted around your chest and abdomen and leads are attached for the purpose of monitoring your heart rate and brain wave pattern during sleep. We will show you how to attach the oxygen saturation and nasal airflow monitors. The monitor will be preprogrammed to turn itself on at your anticipated bedtime. DO NOT ALTER THE DEVICE.
- You will wear three belts over your t-shirt
- Leads are placed over your forehead to enable monitoring of sleep stage (EEG)
- You will have tubing near your nostrils to measure nasal airflow and snoring
- You are able to get out of bed at night and move around without having to detach the wires

How long will it take?

It takes about half an hour for us to set the equipment up and provide education about the use of the device. It is important to return home once the device is attached. The device cannot be removed until the following morning. You, or a family member/friend, will need to return the monitor on the following day between 8.30am and 11:00am with the completed questionnaire.

When will my referring Doctor get the report?

The data is downloaded, analysed and the report prepared. Your Doctor will receive the report within two weeks from the date of the test. You will be contacted by our practice and advised on the follow-up arrangements.

Appointment Date:

.....

Appointment Time: