**Information About Our Sleep Diagnostic Services**

Ambulatory sleep studies enable you to have your sleep assessed in the comfort of your own home. The portable devices are attached to you at approximately 5-5.30pm at North Coast Surgical Suite (NCSS) by a qualified technician, you then head home for your usual night-time routine, returning the equipment to NCSS then next morning. The information is then downloaded and reported.

**What is involved**

* You will need to arrive at North Coast Surgical Suite, Level 4, Suite 14, 20 Dalley Street Lismore (St Vincent’s Private Hospital) at your appointment time to have the portable diagnostic machine set up.
* At a later date you will be contacted by the Clinic to notify you of your follow up appointment where you will receive your sleep study results, unless alternative arrangements are made with your Specialist.

The following forms (which can be downloaded from our website or emailed to you by our office staff) must be completed and brought with you on the afternoon of the study:

* Confidential Patient Questionnaire
* Epworth Sleepiness Scale

Things you need to do before you arrive for your sleep study set up:

* Make sure you have had a shower.
* Remove any moisturisers or makeup you may have on your face.
* Arrive in loose fitting clothing that you will be comfortable sleeping in (such as a T-shirt and track pants).
* If you usually shave, please remove any stubble you may have.
* Please remove all nail polish from your index fingers.

NB: ***If you cannot make your booking, please notify us within 48 hours of your scheduled***

***appointment. Please call 6621 8277 or email:*** ***reception@ncssuite.com.au*** ***as soon as possible to cancel or reschedule your booking.***

The technician will instruct you on how to remove all of the equipment yourself, for when you wake up the next morning. The equipment needs to be returned (along with the Patient Feedback Form) between 8.30am and 12.00pm the next morning (unless negotiated otherwise) to the same rooms where you had the set-up, ie. North Coast Surgical Suite.

**SET-UP**

An example of how you will look, after the technician has completed your diagnostic unit wire-up.



Key points about your set-up:

* There are 2 respiratory bands across your abdomen.
* ***For women:*** The top band will be placed over your bra straps and therefore you may choose not to wear a bra for the set-up as you will have difficulty removing it when you get home.
* We ask that you do not wear nail polish as it interferes with the measurement of oxygen

(which is accomplished using a pulse oximeter overnight).

* ***For men:***If you have a long beard, this is fine. However, if you regularly shave you

will need to have a clean shave so that any growth will not interfere with the adhesion

of electrodes on your chin.

* Wearing loose pants enables the technician to more easily attach the wires which are used to determine leg movement throughout the night. The wires are fed down, through the top of your pants, so that you will be able to remove your pants later on at home.