



## OVERNIGHT SLEEP STUDY (POLYSOMNOGRAPHY) PATIENT INFORMATION

Dear Patient

An overnight sleep study has been arranged for you at the Ashford Hospital on:

**Date of Study** \_\_\_\_\_ at **8:00pm**

Please check in at the hospital's main reception area to be admitted. The admission process will take approximately 15 minutes. A sleep technician will arrive at front reception at 8.30pm and take you to your room where the sleep investigation will take place.

- Please confirm your attendance at least 7 working days prior to your booking
- If this date is not convenient please call (08) 8275 1187 to rebook
- Complete the enclosed Patient Registration form and return it in the reply-paid envelope as soon as possible.

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:***

No alcohol should be consumed prior to the study as it will affect your sleep study results and is against Hospital policy.

You should try to follow your normal sleeping schedule as closely as possible in the preceding days of the study. If you are suffering cold/flu like symptoms, your study may need to be postponed to allow a more comfortable night's sleep as well as a more accurate clinical picture.

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 should be clean shaven where possible.

### ***What happens during the study?***

Following admission, you will be shown to your room and a sleep technician will explain to you what the study involves and will set up the equipment which monitors your night's sleep. The technician will be happy to answer any questions you may have regarding the sleep study. During the night we will be monitoring your breathing, heart rate, brain activity, leg movements and levels of oxygen in your blood. We will apply different sensors to your skin in order to make these measurements. For your safety the technician will be able to view the sleep study on a video monitor and if requested by your physician this video will be digitally recorded and archived as part of your patient record. Please note that none of the procedures performed are painful in any way.

Complimentary breakfast voucher for Hudsons Café at Ashford will be provided should you require it.

Please visit our website at [www.adelaidesleephealth.org.au](http://www.adelaidesleephealth.org.au) to learn more about your sleep study.



***What do I need to bring?***

- Private Health Care Card
- Medicare Card
- Any medications you will need overnight or in the morning
- A written list of your medications
- Pyjamas or nightwear
- Any toiletries you may need, including shampoo (shower facilities are available)
- CPAP mask if you are currently on treatment (CPAP machine only if you've specifically been requested by the physician)
- Your own pillow if you wish

***Where do I park?***

Parking is available in the Greenco carpark, located on the corner of Everard Avenue and Alexander Avenue at a maximum rate of \$24 – subject to change without notice.

The Sleep Unit is situated in the Day Ward which is located on the ground floor near the front reception area of Ashford Hospital (off Marlestone Avenue).

***What happens the next morning?***

The sleep study ends at approximately 6am and you'll be able to leave before 7am. The technician will remove all of the recording sensors and then you'll be free to shower and remove any adhesive gel.

***What are the costs?***

An account will be forwarded to you following the sleep study. The fee for an overnight sleep study is 75% rebateable 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. Fees are applicable to all except Veteran Gold Card holders.

**Please note:** Each fund has several levels of patient cover. Please ensure you 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.

***Your results:***

Your sleep study results will be sent to your referring Doctor who will discuss these with you at your next appointment.

Please confirm your appointment via phone, fax or email on the listed numbers below. Office hours are 9am to 5pm Monday to Friday. If you have any questions prior to your sleep study, please do not hesitate to call us. The out of hours number (for urgent matters only) is 8275 1149.

Yours sincerely

Adelaide Institute for Sleep Health

Revised 8 Sep 2014