

After your sleep study

How will I get my sleep study results?

Your sleep study results will be sent to your referring doctor. The results take three weeks to complete.

What next?

Make an appointment with your referring doctor. At this appointment you will discuss your results and any treatment required.

Follow up...

If your sleep study demonstrates the presence of abnormalities that may place your health at risk, you will need a sleep physician appointment. Our staff will contact you to help organise this.

Where can I be referred if I need further advice?

Your doctor can refer you to one of our Respiratory and Sleep physicians. Appointments can be made by calling 1300 292 022.

Treatment options

The treatment options for sleep disorders is specific for each patient and depend upon your sleep study results, and your clinical assessment. It is strongly advised you discuss your treatment options with your referring doctor.

If you are unwell prior to your sleep study

If you are unwell leading up to your appointment, contact your referring doctor as soon as possible to discuss your condition. If your appointment requires rescheduling, please contact Lung & Sleep Victoria promptly to make alternative arrangements.

Sleep study costs

We require you to agree to the following conditions:

1. An "equipment hire fee" must be paid at the time your appointment is created.
2. You will be liable for any breakages, and a fee of \$500 will apply for any breakages/damage.

Important: If you have had a home based sleep study in the last 12 months you will not be eligible for the Medicare rebate. Please inform the booking staff.

If you wish to discuss any of this information phone us on

1300 292 022



Phone 1300 292 022

Fax 03 9318 4577

Email sleepstudies@lasv.com.au

Visit our website for your nearest location

www.lasv.com.au



about your

SLEEP STUDY

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A sleep study is a recording of your brain and heart activity, breathing, snoring and general body movements during sleep.

Sleep studies can be performed in your home or in hospital. They are used to investigate snoring, obstructive sleep apnoea and other sleep disorders.

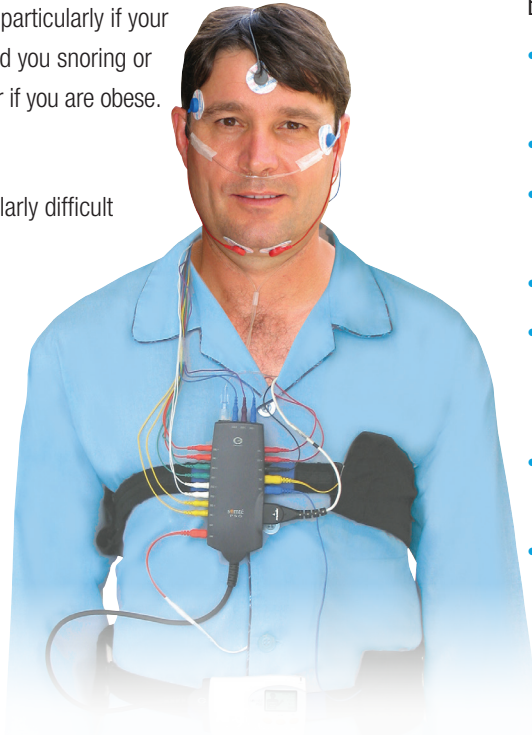
When should a sleep study be done?

If you are:

- waking unrefreshed, particularly if your partner has witnessed you snoring or stopping breathing, or if you are obese.

If you have a history of:

- hypertension, particularly difficult to treat hypertension
- stroke
- cardiac disease
- diabetes.



How do I book a sleep study?

1. Your doctor needs to complete a *Lung & Sleep Victoria Referral Form* and forward it to us.
2. Once we have contacted you, please fill in the details below as a reminder of your appointment.

Your sleep study appointment

Date: _____

Time: _____

Location: _____

Preparation for your appointment

Before your appointment:

- Shower before your appointment, as once the device is fitted you must not get it wet.
- Do not apply moisturiser or makeup.
- Remove any nail polish (or acrylic nail) from your left index finger, and if the nail is long it may require trimming.
- Remove facial stubble; beards and moustaches are acceptable.
- Wear a loose top which unbuttons at the front and loose pants as the device will be fitted directly against your skin. You will have sensors applied to your chest, head, fingers and legs/feet.
- Take your regular medications, unless otherwise instructed by your referring doctor.
- Have your normal meal and alcohol intake but be responsible, don't drink and drive.

Bring the following to your appointment:

- Any sleep disorder treatment devices (ie: CPAP or MAS) that you use.
- Your Medicare Card.

At your appointment:

- Sensors will be attached to your body during the appointment. Please allow up to 1 hour.

During your sleep study

- Follow your normal routine as much as possible.
- Go to bed at your usual bed time.
- Leave the device on all night.
- Sleep in your usual sleeping positions.
- If you find an electrode/sensor has come off during the test, note the time and if at all possible, reattach it.

After you complete your sleep study

- Return the device by 9:30 am.
- Leave all the sensors plugged into the chest connection box.
- Return all sensors in the large plastic bag provided and place in the black case.
- Complete the "Overnight Questionnaire".
- **Do not throw anything away.**