

## Home Sleep Studies – Patient Information

You have been given an appointment to see the Respiratory Clinical Physiologists at Dorset County Hospital. Please read this leaflet and follow the instructions to prepare for your test

### General Instructions

- Your appointment will be at the **Department of Respiratory Medicine, Level 2, North Wing, Dorset County Hospital, Williams Avenue, Dorchester, DT1 2JY** – unless stated otherwise on your appointment letter
- Please note that Respiratory Medicine is about a 10-minute walk from the multi-storey car park – if driving, give yourself good time find a parking space and get to the North Wing at the top of the hill
- We have very limited seating in our small waiting area, so please bring a maximum of one other person with you to your appointment if you are not coming alone. Further relatives, friends, and drivers are asked to kindly wait outside the department
- **The equipment MUST be returned to the Department the following morning**
- The equipment doesn't have to be returned by the patient – a relative or friend can return it for you. Outside of Office Hours, equipment can be returned to **Switchboard** at the entrance to North Wing
- Failure to return equipment in time will cause delays in care for yourself and other NHS patients
- If know you will have difficulty returning the equipment to us the following day, please contact us in good time before your appointment so that we can make alternative arrangements

### About the Appointment

- Please complete the enclosed sleep questionnaire and bring it with you to the appointment
- This appointment will involve some basic measurements (height, weight, collar size), and an informal discussion of your sleep and sleep-related symptoms
- You will be given a demonstration of the equipment you'll be borrowing and shown how to use it
- You will have time to ask any questions and written and pictorial instructions will also be provided

### About the Sleep Study

- The sleep study involves borrowing some monitoring equipment which you will take home and wear overnight in your own home. You will not be staying overnight at the hospital
- You will be asked to wear a soft band around your chest, a probe on one finger, and nasal cannula under your nose. Some patients may also be asked to wear additional sensors on their chest or legs
- We can sometimes simplify the sleep study if you feel that you would not be able to sleep with it on
- Once you have returned the sleep study equipment and your sleep questionnaire, you should receive a letter summarising your results in about 4-6 weeks
- If you have further questions about what your results mean, you should discuss them with the person who referred you for the sleep study test, such as your GP, pre-op assessment, or hospital consultant

**If you cannot attend your appointment or cannot return the equipment the following morning, please contact 01305 255 420 as soon as possible to make alternative arrangements.**