

# What is a Home- based Sleep Study? Patient Information



**WOOLCOCK**

LEADERS IN BREATHING & SLEEP RESEARCH



# SLEEP STUDY INFORMATION

## ON THE DAY OF THE STUDY

- Keep to your normal routine. Please avoid drinking black tea or coffee four hours before bed.
- Wash your hair and shower on the day of your study – this will remove oils and improve the quality of recordings. Avoid using any hair products or face creams.
- Ensure you remove nail polish, acrylic nail/shellac from at least two fingers including your left or right index finger as this interferes with the data collection.
- Medication: Take your usual prescribed medications unless your doctor has advised you otherwise.

## WHAT TO BRING

- Medicare/Pensioner/Concession card/ Centrelink Health Care cards.
- Credit card for payment of fee which cannot be claimed from Medicare or a private health fund.
- Clothing: Wear your sleepwear and, over the top, wear a zip-up jacket or buttoned shirt and loose pants. These items can then be removed easily once home. You will not be able to change your clothing after being set up with the equipment.
- Umbrella: Bring an umbrella or raincoat with you if it is raining. It is important that the medical equipment does not become wet or soiled in any way.

The Woolcock Clinic specialises in the diagnosis and treatment of sleep and breathing disorders

The Woolcock Clinic is part of the Woolcock Institute of Medical Research which is ranked as the top specialist sleep and respiratory health research centre in the world by the influential Times Higher Education.

This booklet has been designed to provide you with information regarding your visit to our state-of-the-art sleep unit. If you have any further questions after reading this booklet, please contact Sleep Bookings directly on 02 9805 3005 or 9805 3007.



## GETTING HERE

The Woolcock Clinic is located at 2 Innovation Road, Macquarie Park.

Macquarie University Metro station is a short walk away, on the corner of Herring Road and University Avenue.

Macquarie is also well serviced by buses with stops located within its grounds and along the borders of the campus, especially at the Macquarie Centre bus interchange.

## WHAT HAPPENS DURING THE STUDY?

You will need to be wearing your sleepwear prior to the sleep study set-up. Your sleep technician will then apply a number of small sensors to your face, under your chin, on your head, chest, waist and legs. All sensors are applied in a non-invasive manner with water-soluble glues and pastes. This process can take up to 60 minutes.

The sensors need to be specially positioned. They will measure your heart rate, oxygen level, airflow and breathing effort, eye movements, chin muscle activity and brain waves (EEG).

Once the setup is complete, the technician will explain how to operate the device.

Once the sensors are attached, you will be able to return home to sleep at your regular bedtime.

In the morning, you will be required to remove all the sensors. Wash your hair as normal. Any paste on your clothes will come out in the wash.

There is limited patient parking at the Woolcock with entry via Innovation Road. Alternatively, parking is available in car parks on the university campus.

## ARRIVAL

If you are running late for your sleep study, please call 02 9805 3000 before 8pm or 02 9805 3013 after 8pm.

Please check in at Reception upon arrival and complete your registration and some questionnaires if not completed online previously.

Please return the device and completed questionnaire to the Woolcock Clinic between 8:30am and 9:30am.

Note: Please be advised that due to the study being unattended and unsupervised by a technician overnight, the data obtained may be inconclusive and result in the necessity for a repeat sleep study in the Sleep Clinic.

## TEST RESULTS

Your results will be ready approximately 2-4 weeks after your study. Please provide us with your email address so we can notify you once your results are ready and sent to your referring doctor.

Please call 02 9805 3000 or visit [www.woolcock.org.au](http://www.woolcock.org.au) if you would like to make a follow-up appointment with a Woolcock specialist. They can provide you with a clear and comprehensive explanation of your results and carefully prescribe and tailor the best treatment options available for your needs.



**The Woolcock Institute of Medical Research  
is a not-for-profit organisation**

If you are interested in further information about becoming involved in our research studies or making a donation, please visit our website [www.woolcock.org.au](http://www.woolcock.org.au).

Your contribution will make a difference.

Thank you for your support.

**P** 02 9805 3000 (8:30am-8pm)

**P** 02 9805 3013 (after 8pm)

**F** 02 9805 3199

**E** [sleep@woolcock.org.au](mailto:sleep@woolcock.org.au)

[www.woolcock.org.au](http://www.woolcock.org.au)