



THE WESLEY HOSPITAL SLEEP DISORDERS CENTRE

This hand out is designed to help you to prepare for your **Home Based Sleep Study set up and show you examples of what is suitable to wear during this study.**

We recommend you have a shower prior to your appointment as you will not be able to shower once you have been set up. If you are coming straight from work and need to have a shower here, please advise us in advance and arrive 15 minutes earlier than your stated appointment time – please bring a towel and toiletries and suitable clothing to wear home (see over page).

If applicable, please ensure nail polish is removed on at least one finger, for our sensors.

Your Home Based Sleep Study set up appointment will take approximately 45 minutes. Your return appointment the next morning will take approximately 15 minutes. If you need to go straight to work, you are welcome to bring a towel and toiletries etc., so that you can shower and change for work here.

We recommend you go straight home after being set up. You can drive or have someone drive you – just be careful getting in/out of the car. Please do not take public transport.

Once at home, follow your normal evening routine which may include medications and alcohol, however please exclude any physical exercise.

A typical Home Based Sleep Study equipment set up is pictured. As well as the sensors seen below, you will also have a leg sensor, a sensor behind each ear and 2 on your head. The device will record a wide array of body functions including sleep position, heart rate and rhythm, breathing effort, airflow, the level of oxygen in your blood, your brain activity, muscle tone, and eye and leg movements.





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Particular clothing is recommended for this type of sleep study. A two-piece outfit consisting of a singlet or T-shirt and loose fitting pants or shorts is best suited. Remember! You will be sleeping in these clothes! You will NOT be able to get changed once the equipment is fitted. It is recommended that a loose fitting jacket/cardigan or large shirt be worn home over the top of the device. Dresses, skirts and tight clothing including jeans are NOT suitable.

SUITABLE CLOTHING SUGGESTIONS FOR MEN



SUITABLE CLOTHING SUGGESTIONS FOR WOMEN

