THE WESLEY HOSPITAL
SLEEP DISORDERS CENTRE

This handout 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 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.

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.



THE WESLEY HOSPITAL
SLEEP DISORDERS CENTRE

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




