

Home sleep study

Patient information



GenesisCare

What is it?

A sleep study helps your GenesisCare team understand how your body is behaving when you are asleep and can help identify underlying problems.

We know that people are busy and it's often not convenient to stay at a sleep clinic overnight. A home sleep study (also known as a portable sleep study) is carried out using a portable device in the familiar and comfortable surroundings of your own home.



Portable sleep study device and lead placement

What should I expect?

Prior to a home sleep study, you will attend a sleep diagnostic clinic where a trained technician will set you up and send you home

- The technician will attach a number of small sensors to your head, chest and legs
- The sensors measure your brain activity, heart rate, breathing patterns, leg movements and the amount of oxygen in your blood
- The sensors are attached to a box that rests on your chest and records your sleep data

Set up takes approximately one hour. You will need to wear the equipment from the clinic to your home.

You will then return home to sleep for the night. You will come back to the clinic the next morning to return the equipment.

How should I prepare?

On the day of your sleep study:

- Stick to your normal routine
- If you normally have tea or coffee in the evenings, you should do so
- Take your usual prescribed medications unless your doctor advises you otherwise
- Shower, shampoo and dry your hair as clean hair and skin helps in securing the sensors to your body
- Remove any hair pieces, nail polish, make-up, hair conditioner, styling products and moisturisers
- Wear comfortable clothes or sleepwear to your appointment, as you will not be able to get changed once the equipment is attached
- It is important that the equipment doesn't get wet, so bring an umbrella or raincoat if it's raining
- Ensure you read all the preparation information prior to your test

What happens after the procedure?

Once you return the recording equipment, the study is analysed at our laboratory and reviewed by our experienced team of scientists and reporting physicians. Results are usually available within 10 working days of your sleep study. Your referring doctor or specialist will be happy to explain the results and plan any treatment that may be necessary.

You will need to book an appointment with your referring doctor separately.

For more information:

genesiscare.com/homesleepstudy

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