



FREQUENTLY ASKED QUESTIONS: HOME BASED SLEEP STUDY

What is a Home-Based Sleep Study?

A sleep study is a specialised way to monitor many of your body's physiological processes while you are asleep and allows for the investigation of any medical disturbances that may occur during sleep. Many of these medical conditions can cause disrupted sleep, daytime tiredness, problems with memory or concentration and are a serious risk to your health.

As the name suggests, a Home-Based Sleep Study allows for the monitoring to take place in your home.

How does the Home-Based Sleep Study work?

Patients will need to attend Illawarra Medical Centre for a set-up appointment between 5.30pm and 7.30pm. This process will take around an hour to complete and you will be guided on what to do and when you get home.

During the set-up, a number of electrodes will be applied to your head and body. You can then go home to sleep in your own bed.

This process is non-invasive. During sleep, the device will monitor and record signals including brain activity, breathing rate, body position, muscle effort, oxygen level and heart rate and rhythm.

Patients will then return the equipment back to Illawarra Medical Centre the following morning, where the data will be analysed and reviewed.

Will it be uncomfortable?

The sensors used in the sleep study are non-invasive and do not hurt. There may occasionally be mild, temporary skin irritation from rubbing the skin when attaching the electrodes, however, significant discomfort is highly unusual.

What equipment is used for the Home-Based Sleep Study?

We use sleep study equipment supplied by Nox Medical.

Nox Medical has extensive experience in providing industry standard solutions for sleep monitoring and diagnostics.

How do I know if I might have a sleep disorder?

If you experience one or more of the below symptoms, it is possible you may have a sleep disorder:

- Excessive daytime sleepiness despite a good night's sleep
- Loud snoring
- Irritability or mood changes
- Depression
- Restless sleep
- Morning headaches
- Poor concentration or memory
- Passing urine frequently during the night
- Impotence/loss of libido

What are some of the most common sleep problems?

There are a number of sleep disorders that can cause sleep problems for people including insomnia, restless legs syndrome, narcolepsy, sleep terrors, sleep walking and sleep paralysis.

One of the most common and dangerous sleep disorders is Obstructive Sleep Apnoea.

What is Obstructive Sleep Apnoea?

Obstructive Sleep Apnoea (OSA) is the repeated cessation (stopping) of breathing during sleep. The airway repeatedly partially or completely obstructs, causing breathing to be reduced or stop altogether. This can occur many times across the night and most people are unaware that it is occurring.

Sleep Apnoea can occur at any age. Studies show that 1 in 5 adults suffer mild OSA and 1 in 15 have at least moderate OSA. It is more common in men than in women and is often associated with being overweight, although in some people it is their facial structure which leads to narrow airways.

Patients with OSA have around a 7-fold higher risk of death and heart disease, regardless of the severity of the disease, age or history of heart problems. This risk is eliminated by correct treatment.

Undertaking a Home-Based Sleep Study can aid in the detection of OSA and enable effective treatment to be sought.

How long does the Home-Based Sleep Study take to complete?

The set-up for the Home-Based Sleep Study will take around an hour to complete. Patients are then able to go home and to sleep in their own beds before returning the equipment to Illawarra Medical Centre the following morning.



How long does it take to get the results?

Results should be known within a few weeks. Clinically severe results are noted immediately during analysis and provided promptly to your Doctor to expedite treatment.

You will need to arrange a follow up appointment with your GP to discuss the results, following completion of the Home-Based Sleep Study.

How effective is the Home-Based Sleep Study?

Home-Based Sleep Studies are an accepted way of investigating sleep disorders and comprise a significant proportion of all sleep studies in Australia.

For a Home-Based Sleep Study to be effective, it is important that you are assessed under normal sleeping conditions. This means treating your 'test night' just like any other normal night, including sticking to your regular turn down and wake up times, sleeping in your normal bed and keeping your room conditions the same as they normally would be.

How can I find out if a Home-Based Sleep Study is suitable for me?

The first thing to do is to book an appointment with your regular GP at Illawarra Medical Centre. They will then be able to discuss any sleep concerns you have and will ask you to complete a number of short questionnaires to determine if you potentially may have a sleep disorder.

If your GP believes your sleep concerns may be the result of a sleep disorder, they may refer you for a Home-Based Sleep Study.

What happens if a sleep disorder is detected in the study?

If you do undertake a Home-Based Sleep Study, your GP will arrange a follow up appointment with you to discuss your results and plot a course of action for treatment, if required.

Illawarra Medical Centre's Home-Based Sleep Study is being supported by Genesis Sleep and Respiratory Care. Should any sleep disorders be detected during the Home-Based Sleep Study, your GP may refer you to one of Genesis's sleep study specialists for specialist care.

For more information, visit our website at www.illawarramedical.com or contact us on 9208 6400 to make an appointment to discuss any sleep concerns you may have with your doctor, who can then determine the best treatment option for you.

