

# Sleep Laboratory

## Before you come

Plan to have as normal a day as possible. Please ensure that your hair is washed on the day of the study. Hair oils, sprays, gels or conditioners are to be avoided as they interfere with the signals from the sensors. Makeup is not to be worn and please remove nail polish. It is recommended that all valuables be left at home.

## What to bring

- Something to sleep in
- Clothes for the following day
- Reading material
- Personal toiletry items
- Your usual medications
- Personal items to help you sleep (such as your own pillow)
- CPAP machine and mask if you have one

## Where to park

Complimentary parking is available. **Entry is via Westbourne Street only.** Please arrive early and park your vehicle on the right-hand side of the ramp, in front of the main entrance doors of the hospital. Reception will arrange for Security to direct you to the hospital's secure overnight parking area.

## During the study

During the early evening the sleep technician will place measuring sensors on your body and head, to monitor your breathing and sleep. This will take approximately 1 hour. You will be allowed to move around until your usual bedtime, at which time you will be connected to the monitoring equipment in your room. During the night, you will still be able to move around.

## In the morning

You will be woken from 6am by the sleep technician in order to remove all the sensors. Showering facilities are available. You will be discharged by 7am.

## After the study

The data from your study will be closely analysed and a report prepared by one of our sleep physicians. This will be sent to your referring doctor. To discuss the results, please make an appointment with your referring doctor, allowing at least two weeks after the sleep study.

## Included in the study

- Free parking
- Light Dinner
- Light breakfast
- Private room
- Shower and toilet facilities
- Tea and coffee facilities
- Free Wi-Fi.



**Dr Andrew Chan**

**Dr Peter Cistulli**

**Dr Michael Hibbert**

**Dr David Joffe**

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