

Sleep Centre

Your polysomnography test

Information for patients, relatives and carers

Introduction

A polysomnography looks at the depth and quality of your sleep as well as breathing irregularities and unusual behaviours. This leaflet is not meant to replace the discussion between you and your care team but aims to help you understand more about what is discussed. If there is anything that you do not understand, please speak to your care team

About polysomnography

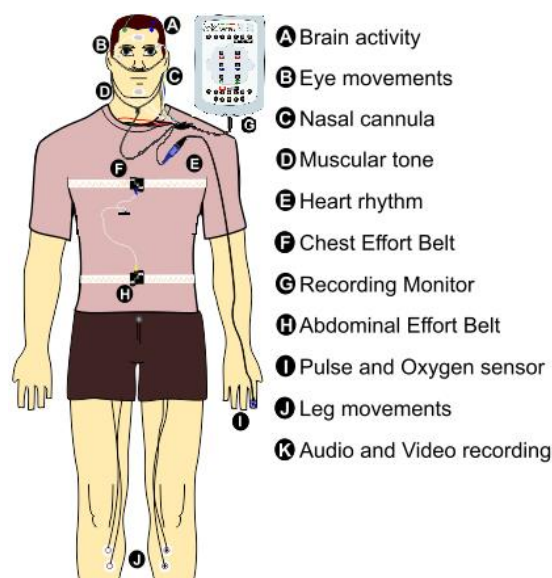
This test will be performed in hospital and you will need to stay overnight.

The results from this test will help us to understand if your symptoms are caused by irregularities in your sleep.

What does the test involve?

You will have multiple sensors attached to your head, nose, chest, waist, finger and legs, which will be connected to a headbox (recording device) in a stand near the bed.

We will also monitor your sleep with audio and video recording.



How long will the test take?

You will be asked to attend an appointment in the evening at either 18:30 or 19:00. You should be ready to go to bed when the sensors are all in place.

We will wake you up at 07:00 and offer you a light breakfast in your room. You will need to be ready to leave the room by 08:00.

Before attending your test

- **If you need a translator or a carer to attend with you, please contact us to discuss.**
- Carry on taking your medication unless you are told to stop. If you have a machine to help you breathe at night, please bring it with you.

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- You will need to remove any nail varnish and false nails before attending.
 - Please make sure you have a clean-shaven face.
 - If you wear a headscarf, we will ask you to take it off during the set-up. Please contact us if you need a female member of staff to do the set-up in this instance.
 - Please have something to eat before attending, as we do not provide an evening meal.
 - Please avoid caffeine and alcohol on the day of the test.

What you need to bring

There are a few things you will need for your stay. Please bring with you:

- comfortable and loose nightwear
- toiletries
- regular medication
- something to read (if you want)

You also need to bring a list of the medication you take.

You may be asked to complete a sleep diary before attending.

At the sleep centre

When you arrive, a member of staff will direct you to your private room, which will have an en suite bathroom and shower. You will be promptly asked to change and get ready to go to bed. We normally start setting up the equipment as soon as you are ready. The set-up can take up to 90 minutes.

The member of staff looking after you will monitor your sleep from another room. Sometimes we have to relocate the leads and you may need to wake up for a moment.

If you are a smoker, please tell a member of staff. You will not be able to smoke at night.

We will wake you up at 07.00. If you wake up earlier, we will encourage you to stay in bed until wake-up time.

Your sleep test results

The results are analysed in detail by a highly specialised physiologist and can take a few weeks to process.

The information recorded will be discussed with a doctor. You will receive a letter with your test results.

Sometimes the doctor would like to see you again to discuss the results of the test. If this is the case, we will send you a letter.

If you need treatment our administrator will contact you to book an appointment.

Contact details

If you are unable to attend your sleep test or have any questions or concerns about your appointment, please call us on **020 3311 7188**.

Alternatively, you can email us at imperial.sleeplab@nhs.net

How to find the sleep centre

The Sleep Centre is on the fourth floor, north wing, of Charing Cross Hospital, Fulham Palace Road, London, W6 8RF.

The location details will also be in your appointment letter.

How do I make a comment about my experience?

If you have any **suggestions** or **comments** about your visit, please either speak to a member of staff or contact the patient advice and liaison service (**PALS**) on **020 3313 0088**. You can also email PALS at imperial.pals@nhs.net

Alternatively, you may wish to complain by contacting our complaints department:

Complaints department, fourth floor, Salton House, St Mary's Hospital, Praed Street
London W2 1NY

Email: ICHC-tr.Complaints@nhs.net

Telephone: **020 3312 1337 / 1349**

Alternative formats

This leaflet can be provided on request in large print or easy read, as a sound recording, in Braille or in alternative languages. Please email the communications team: imperial.communications@nhs.net

Wi-fi

Wi-fi is available at our Trust. For more information visit our website: www.imperial.nhs.uk