

## Sleep Centre

# Your polysomnography and multiple sleep latency 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 test will be performed in hospital and you will need to stay in hospital overnight and the next day.

The multiple sleep latency test measures how sleepy you are. It is performed over the course of the day following your overnight stay. You will be asked to nap for periods of 20 to 30 minutes at set times.

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 in a stand near the bed.

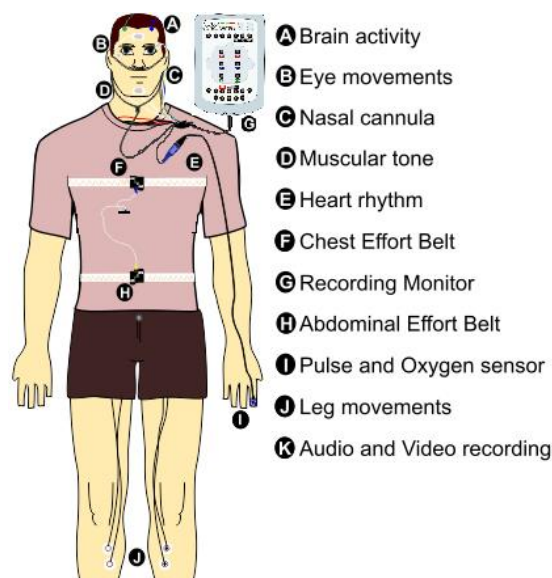
We will also monitor your sleep with audio and video recording.

### 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 breakfast.

You will then have four or five naps spread evenly through the next day. You should be prepared to stay until 18.00 although you may be able to leave earlier.



### 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 do I 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
- reading material (if desired)

We also need you to please bring a list of the medication you take, and a completed sleep diary.

## At the sleep centre

When you arrive, a member of staff will direct you to your private room, which has 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 momentarily.

If you are a smoker, please tell a member of staff. You will not be able to smoke at night. There will also be some restrictions around smoking during the day as we do not want to influence your results.

We will wake you up at 07:00 and offer you breakfast. Your first nap will be held at around 09:00. It is important that you do not fall asleep outside of the nap times as this will influence or invalidate your results.

## 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.

The doctor might need to see you again to discuss the results of the test. If this is the case we

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

## Contact details

If you cannot attend your sleep test or have any questions or concerns about your appointment, please call us on **020 3311 7188**.

Or, you can email us at [imperial.sleeplab@nhs.net](mailto:imperial.sleeplab@nhs.net)

## How to find the Sleep Centre

You can find the Sleep Centre on the fourth floor, of the 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 visit?

We aim to provide the best possible service and staff will be happy to answer any of the questions you may have. 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 3312 7777** (10.00 – 16.00, Monday to Friday). You can also email PALS at [imperial.pals@nhs.net](mailto:imperial.pals@nhs.net) The PALS team will listen to your concerns, suggestions or queries and is often able to help solve problems on your behalf.

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](mailto: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](mailto:imperial.communications@nhs.net)

## Wi-fi

Wi-fi is available at our Trust. For more information visit our website: [www.imperial.nhs.uk](http://www.imperial.nhs.uk)