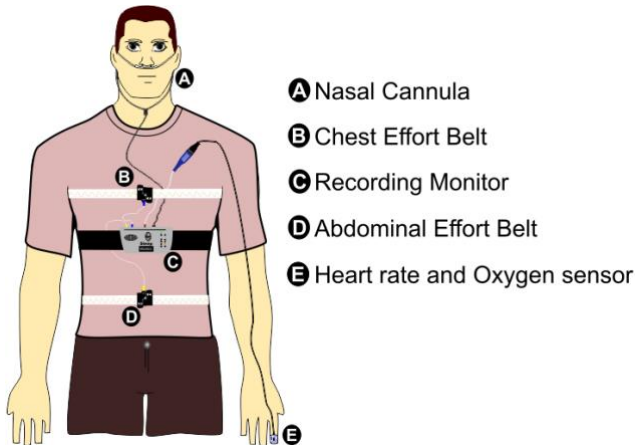


Polygraphy test

Polygraphy is a sleep study that allows us to measure your breathing while you are asleep. We will be able to tell if you snore or stop breathing. This test will be carried out at home; you will not be required to stay in hospital.

What does the test involve?

You will wear a small portable monitor while sleeping. Sensors will be placed on your body; we will attach sensors around your waist, chest, finger and nose.



How long will the test take?

You will be asked to attend an appointment during the daytime to collect the equipment. This will normally take around 30 minutes.

You must wear the monitor overnight when you sleep. Please make sure you spend at

least six hours in bed.

Collecting the equipment

You will need to collect the equipment from the sleep centre and return it the following morning.

Please remove any nail varnish and false nails before your appointment as these will affect the quality of the recording.

The sleep monitor

<https://vimeo.com/432106707/e6bdcb3e79>

Using the above link, please watch the video to learn how to fit the sleep study monitor. It is important that the sensors are fitted correctly to ensure a good recording so please watch it carefully.

The equipment will be pre-programmed to record on the day of the test so please make sure you wear it on the night of the appointment.

The equipment will usually start recording around 22.00 and stop at 07.00 (you do not have to press any buttons). If your sleep routine differs considerably from this please contact the Sleep Centre prior to your test so that we can prepare the equipment before you arrive.

The night of your study

We advise you to wear a light nightwear

garment (pyjamas, t-shirt) underneath the monitor. Feel free to sleep in a position that feels comfortable to you.

You will still be able to go to toilet as normal. Make sure when you go back to bed all wires are still in place.

Returning the equipment

You will have to return the sleep monitor on the following morning between 08:00 and 10:30.

Please make sure that you place all leads in the bag provided. Your medication list and weekly sleep diary must be returned with the equipment.

Your polygraphy test results

Your results will be sent to you by letter and will also include any treatments or recommendations for you. Some patients need to use a machine called a CPAP machine to help them to breathe at night. If you need this, you will be invited to return to the department to attend a group session where will show you how to use the machine.

How are the results used?

The results from this test will help us to understand if your current symptoms are caused by the way you breathe at night. They will also help us to determine appropriate treatment, if necessary.

Your medical history, current medication and sleep habits will also be taken into account.

Sometimes we are not able to identify the reason for your symptoms. If this is the case, the doctor may need to request further tests.

How do I make a comment about my experience?

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

Alternative formats

This leaflet can be provided in large print, as a sound recording, in braille, or in alternative languages. Please contact the communications team on **020 3312 5592**.

How to find the sleep centre

The sleep centre is located on the 4th floor, North Wing, Charing Cross Hospital.

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 may also e-mail us at **imperial.sleeplab@nhs.net**

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Information for patients, relatives and carers

Your sleep polygraphy at home