

## Sleep centre

# Your sleep polygraphy at home

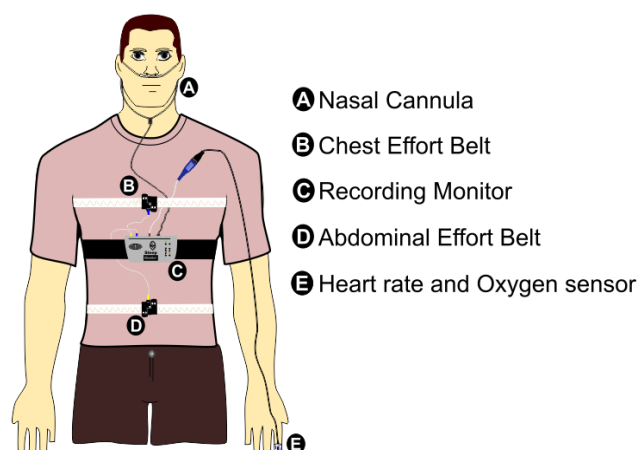
## Information for patients, relatives and carers

### Introduction

A 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 multiple sensors attached to your waist, chest, finger and nose that will be connected to a portable monitor around your waist.



### 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 15 minutes.

You must wear the monitor overnight when you sleep. Please make sure you spend at least six hours in bed.

### Collecting the equipment

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

You will need to collect the equipment from the Sleep Centre at your appointment time and return it the following morning between 8:30 and 10:30.

### How to fit the sleep study monitor

Use the link: <https://vimeo.com/432106707/e6bdc3e79>. Please watch the video to learn how to fit the sleep study monitor. You will also be given a leaflet on how to fit your sleep study kit when you collect it.

It is important that the sensors are fitted correctly to ensure a good recording, so please watch and read these resources carefully.

The equipment will be preprogrammed to record on the day of the test, so please make sure you **wear it on the night of the appointment.**

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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 before your test so that we can adjust 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 all wires are still in place when you go back to bed.

## Returning the equipment

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

Please make sure that you place the leads, tape and monitor in the bag provided.

Please return your device to us on time so that someone else can use it. This is very important: any delays in returning the device will have a negative impact on the care of someone else.

If requested, a medication list and weekly sleep diary must be returned with the equipment.

## Your polygraphy test results

The results from this test will help us to understand if your current symptoms are caused by the way you breathe at night. 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. In other instances, patients may 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 an appointment where we will show you how to use the machine.

Your results will be sent to you by letter, which will also include any treatments or recommendations for you.

## Useful contacts

**Sleep study bookings only:** 020 3311 7174

**Email:** [imperial.sleep@nhs.net](mailto:imperial.sleep@nhs.net)

**Sleep centre reception:** 020 3311 7188

For information about accessing our hospital sites, including public transport and parking information, please visit the Trust's website: [www.imperial.nhs.uk](http://www.imperial.nhs.uk)

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## 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)

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