

Sleep Centre

Your sleep polygraphy in hospital

Information for patients, relatives and carers

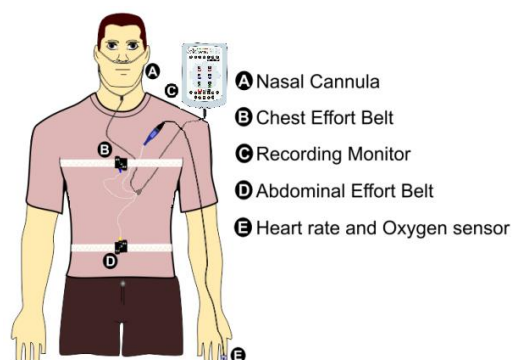
Introduction

A polygraphy is a sleep study that allows us to measure your breathing while asleep. We will be able to tell if you snore or stop breathing. This test will be performed in hospital, with the support and monitoring of our staff members, and you will need to stay overnight.

What does the test involve?

You will have multiple sensors attached to your waist, chest, finger and nose, 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 20:30. 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 this.**
- Carry on taking your medication unless you are told to stop.
- Please make sure you have something to eat before attending. We do not provide an evening meal.
- Please remove any nail varnish and false nails.

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 to)

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, where you will be asked to change and get ready for bed. We normally start setting up the equipment at 21:00.

Overnight you will be able to use your own private toilet. Make sure that all wires are still in place when you go back to bed.

We will monitor you via a live video. This is to ensure that the sensors remain in place without having to disturb you. Occasionally, staff may need to come into the room to fix a sensor that has come off. You might 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.

Your sleep 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. 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 request further tests.

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

Some patients need to use a continuous positive airway pressure (CPAP) machine to help them breathe at night. If needed, we will invite you back to the department to show you how to use the machine.

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**. Or, you can email us at imperial.sleep@nhs.net

How to find the Sleep Centre

The Sleep Centre is located on the fourth floor of Charing Cross Hospital, Fulham Palace Road, London, W6 8RF. We have specialist sleep rooms on both the north and south wings. Your appointment letter will tell you which wing you need to go to.

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 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

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