

Polysomnography test

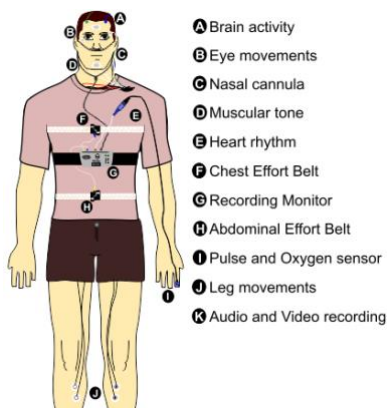
A polysomnography looks at the depth and quality of your sleep, as well as breathing irregularities and unusual behaviours. This test will be performed in hospital and you will need to stay in hospital overnight and the next day.

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 wear a small, portable monitor while sleeping. Sensors will be attached to your head, nose, chest, waist, finger and legs.



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 anytime from 21:00.

We will wake you up at 07.00 and breakfast will be provided. 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.

You will need to remove any nail varnish and false nails before attending. If you wear a headscarf we will ask you to take it off during the set-up.

Please have something to eat before attending. Avoid caffeine and alcohol on the day of the test. We do not provide an evening meal.

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 and a towel
- medication
- reading material (if desired)

You will also have to 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 with en-suite bathroom with shower, where you will be asked to change and get ready for bed. We normally start setting up the equipment as soon as you are ready. It can take up to 90 minutes to set-up.

The staff looking after you will monitor your sleep remotely 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 be some restrictions around smoking during the day as we don't want to influence 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 will send you an appointment 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 located on the fourth floor, north wing.

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

Sleep services

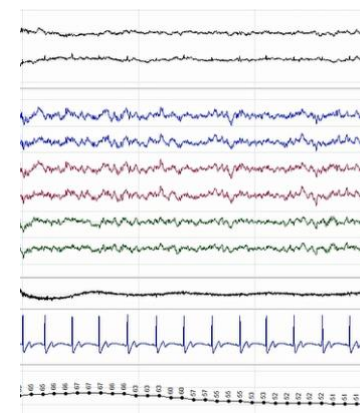
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Your polysomnography and multiple sleep latency test



Information for patients, relatives and carers