

Coming to collect a sleep study monitor

You will receive an appointment to collect a monitor. If you personally cannot collect the sleep monitor, someone can collect it on your behalf. Please return the monitor by 10am the following day as we download and clean them ready to give out again from 11am.

If you cannot return the monitor by 10am the next day please contact the Respiratory Lab (01225 824314).

A sleep questionnaire will be sent with your appointment letter. Please complete the questionnaire and bring it with you when you come to collect the monitor. The questionnaire will help to establish if there are any other factors that may be contributing to daytime sleepiness or tiredness.

When you come for your appointment you will be given the equipment along with written instructions on how to use the monitor. You will also receive a questionnaire along with the monitor which will need to be completed and returned along with the monitor the following day.

Finding us

Car parking is available on site: however it can be extremely busy during the week.

The respiratory Lab is situated in the Respiratory Outpatient Department on the 2nd Floor of Zone B, department B49.

If you have any questions please contact the Respiratory Lab Tel: 01225 824314

The RUH, where you matter

Royal United Hospitals Bath
NHS Foundation Trust
Combe Park, Bath, BA1 3NG
01225 428331 | www.ruh.nhs.uk

If you would like this leaflet in email form, large print, braille or another language, please contact the Patient Support and Complaints team on 01225 825656.

Sleep Study

What to expect when coming to collect a sleep study monitor



This leaflet explains:

- Why we do sleep studies
- How we do sleep studies
- What happens after the study

Why do we do sleep studies?

If you experience the following symptoms you may have a condition called obstructive sleep apnoea (OSA).

- Snoring
- Pauses in breathing when sleeping
- Daytime sleepiness
- Tiredness, difficulty concentrating
- Unrefreshed on waking in the morning.

When we go to sleep our muscles relax including those muscles that hold the back of the throat open causing some narrowing of the airway.

In some people, breathing can narrow the airway further or completely collapse the airway reducing or stopping airflow to the lungs. This causes a drop in the level of oxygen in the blood and can cause an increase in heart rate.

The body can detect this obstruction and the person nearly wakes, takes a few deep breaths (usually accompanied by a loud snore) and the oxygen levels and heart rate return to normal. Unfortunately OSA disturbs the quality of your sleep and can make you feel sleepy or tired during the day.

How do we do sleep studies?

As OSA causes a temporary reduction in airflow to your lungs, which results in changes in your oxygen level and heart rate, we can monitor these to assess if you have the OSA.

You will be invited to come along to the Respiratory Lab to collect a small monitor that will record your oxygen level and heart rate whilst you are asleep. The monitor is like a large wrist watch with a ring like probe that

fits over a finger. A finger that is big enough to have a snug fit with the ring probe should ideally be used. The probe shines a light through your finger.



Full usage instructions are provided in the envelope included. You will be asked to return the monitor the next morning.

What happens after the study?

The monitor is downloaded and the results given to one of the respiratory Consultant who will decide on the diagnosis and any treatment.

You will get a copy of the report from the Consultant. What happens next depends on the results of the study but this will be explained in the report.