

Coming for a sleep study

You will receive an appointment to collect a monitor. If you cannot return the monitor by 10:00am the next day please contact the Respiratory Lab (01225 824314). We need the monitors back by 10:00am as we have to download and clean them ready to give out again from 11:00am.

A sleep questionnaire will be sent with your appointment. 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 one of our Clinical Physiologists will show you how to use the monitor (you will get written instructions as well) and take your height, weight and collar size.

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 49.

If you have any questions please contact the Respiratory Lab

Tel: 01225 824314

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Combe Park, Bath BA1 3NG
01225 428331 www.ruh.nhs.uk

Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital.

Email ruh-tr.PatientAdviceandLiaisonService@nhs.net
or telephone 01225 825656.

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Sleep Studies

What to expect when you come for a sleep study



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 whilst asleep
- 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 in 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 a compensatory increase in pulse 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 peg like probe that fits on a finger. The probe shines a light through your finger.



One of our Clinical Physiologists will explain how to use the monitor. You will be asked to return the monitor the next morning.

What happens after the study?

The monitor is downloaded and the results are given to one of the Respiratory Consultants 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.