

Please turn your mobile phone off during the study.

Once you wake you will be free to leave. You are welcome to have breakfast on the ward before leaving. Please ensure you inform a member of the ward staff when you leave.

Your sleep study will be analysed by one of the Respiratory Consultants who will inform you of the results either by letter or by arranging a clinic appointment.

Additional information

On receipt of your Visilab appointment letter please **telephone the Respiratory Lab (01225 824314)** to confirm your attendance and answer a few questions to ensure your suitability for a Visilab sleep study.

If on the day of your study your situation changes and you are unable to attend, please telephone the Respiratory lab by 4pm.

Please bring any medication that you will need with you.

The Visilab sleep study room does not have ensuite facilities so please bring suitable night wear and foot wear.

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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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 Study

What to expect when you come for a visilab sleep study



This leaflet explains:

- Why we do Visilab sleep studies.
- How we do Visilab sleep studies.
- What happens when you come for a Visilab sleep study.

Why we do Visilab sleep studies

Visilab sleep studies are used to diagnose obstructive sleep apnoea (OSA). If your initial home study was inconclusive we will invite you to stay overnight at the hospital so we can do a more detailed Visilab sleep study.

How we do Visilab sleep studies

A Visilab sleep study takes place in a side room on the Respiratory Ward (Dept B47). The system monitors:

- Oxygen saturation and pulse rate with a finger probe
- Sound from a microphone mounted above the bed head
- Movement with a camera
- Position via a monitor strapped to your chest
- Respiratory effort from bands around your chest and abdomen
- Airflow at your nose and mouth from a nasal cannula.

You will need to wear a pyjama top, t-shirt, vest or nightdress as we need to attach the monitor and straps around your chest and abdomen. The straps are not tight and will not impede your breathing.

You will need to remove any false, acrylic, or gel nails and cannot wear nail varnish.

The photograph below shows the monitoring system set up for a study:



What happens when you come for a study?

You will be asked to arrive at the Respiratory Ward at 7.30 pm on the night of your study.

Please have your evening meal before arriving on the ward and be prepared to change into your night wear on arrival.

One of our Respiratory Physiologists will attach the monitoring system and set it up to start at an agreed time. Most studies start about 10.30pm and run for eight hours.

The system is wireless so once it is set up you will be able to leave the sleep study room and watch television in the day room if you wish to do so. The Respiratory Ward is a busy medical ward and you will be left to occupy yourself until the study starts.

There is a call button should you require assistance during the night. You will be left to sleep through the night. Please bring an alarm clock if you need to wake at a particular time.