

Information for patients having Respiratory Polygraphy at home (sleep study)

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We would like to invite you to attend an appointment to collect some equipment you will take home with you and wear whilst you sleep. This information sheet will explain what a Respiratory Polygraphy test involves and answer some questions you may have. It also explains why this test is necessary and how you will be informed of the results.

What is a Respiratory Polygraphy study?

This study involves taking home some equipment to wear whilst you sleep. This will measure your breathing, heart rate and oxygen levels during sleep. The equipment includes:

- A recording device to connect all sensors to
- Some straps that will be fitted around your chest and abdomen to measure breathing efforts
- A nasal flow sensor to measure airflow and monitor breathing
- A finger probe to measure oxygen levels and heart rate

This equipment will need to be connected to your body before you go to sleep. We will show you how to do this during your appointment. If any equipment becomes disconnected during the night please reconnect this as soon as you are aware of this.

Why do I need this test?

A consultant has requested this test to assess how your breathing is during sleep as you may be experiencing symptoms such as excessive sleepiness, snoring or disturbed sleep. These symptoms may be due to sleep disordered breathing such as sleep apnoea, where your breathing reduces or completely stops for short periods during sleep. Treating this helps improve overall health, quality of sleep and daily functioning.

What are the risks?

There are no known risks or pain associated with this test but it may cause slight discomfort by wearing the equipment whilst you sleep.

How can I prepare for the test?

Please continue to take your regular medications and undertake your usual night time routine when wearing the equipment. Please avoid wearing nail varnish or false nails to avoid interference with measuring oxygen levels.

What happens with the results?

We will usually ask you to return the device to us the next working day or as soon as possible. You may also be given an appointment to do so. More information about how and when to return the device will be given during your initial appointment. After the equipment is returned, the results will be downloaded and a report will be written and sent to the referring consultant. Following this, you will receive further information regarding further investigations or treatment, if necessary.

Please allow ample time to arrive for your appointment. Our aim is to see you promptly but we will inform you of any delays. If you have any further questions or would like more information please do not hesitate to contact us on the telephone number provided on your appointment letter.

Additional sources of information:

[Tests to measure your breathing during sleep | Asthma + Lung UK](https://asthmaandlung.org.uk)
(asthmaandlung.org.uk)

[Patient Information \(artp.org.uk\)](https://artp.org.uk)

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If you require this information in another language or alternative format, please email the Patient Information team at ulth.patient.information@nhs.net