

Overnight sleep studies

What to expect during your stay at The Edinburgh Sleep Centre.

Preparing for the sleep study

On the day of your study, avoid caffeine after 12.00pm and try not to nap. Avoid alcohol unless otherwise directed by your consultant.

Before coming to the Sleep Centre, wash your hair with shampoo only, dry your hair and do not apply hairsprays, oils or gels. Men should be clean-shaven if possible.

Should I take my medication as usual?

It is important for your sleep consultant to know what medications you are taking, even non-prescribed, as some medications can affect the results of the study. Do not discontinue any prescribed medication unless advised to do so by your sleep consultant.

What will happen when I arrive at the Sleep Centre?

When you arrive at the Centre - usually between 9.00pm and 10.00pm - the overnight monitoring technologist will greet you and show you to your room. If you have completed paperwork or questionnaires, now is the time to hand them in. You will have time to change into night clothes and get ready for bed as you do at home. There may be a short waiting period before the technologist gets you ready for the sleep study, you may relax during this time. If you have a morning commitment, such as work, and require a wake up call, please inform the overnight staff.

When preparation for the overnight recording begins, approximately two dozen sensors, which are generally small metal discs (called electrodes), are applied to the skin of your head and body using an adhesive. These sensors monitor the activities that go on in your body during sleep.

These activities include brain waves, muscle movements, eye movements, breathing through your mouth and nose, snoring, heart rate and leg movements.

Flexible elastic bands around your chest and abdomen measure your breathing. A clip on your finger monitors the level of oxygen in your blood. None of these devices are painful and all are designed to be as comfortable as possible. The electrodes may feel strange on your skin at first, but most people do not find them uncomfortable or an obstacle to falling asleep.

We at the Edinburgh Sleep Centre understand that your sleep may not be the same as at home. This usually does not interfere with obtaining the necessary information.

If you have questions or concerns about the electrode application process, please contact the Sleep Centre before your appointment.

What happens if I need the toilet in the night?

If you need to get up for any reason in the night, simply press the call button. A member of staff will come in and disconnect you from the monitoring cable and you will be able to get out of bed. The monitoring electrodes will remain in place as they are connected to a separate box that will stay with you. **Please do not try to disconnect yourself for any reason.**

What happens after my sleep study?

The sleep study and its analysis and interpretation are part of a complex process. Many hours of work are required by specially trained professionals in order to fully understand the significant amount of data gathered from you during the night.

A typical sleep study comprises approximately 1000 pages of data of various kinds that must be reviewed in detail. For this reason it is necessary for you to allow at least two full working weeks between your overnight study and your results appointment with the consultant.

Smoking

We operate a NON-SMOKING POLICY within the clinic and patients are kindly requested to honour this policy.

What to bring with you

- Night wear, dressing gown and slippers
- Face flannel, toiletries and toothbrush
- Shaving kit and adaptor if electrical
- Any medication (in original containers)
- Mobile phones (please note that discretion is advised on the use of these; in some areas of the Centre they will be prohibited)

Please do not bring

- Valuables, for example jewellery, unnecessary cheque books, credit or debit cards (the Centre will not assume responsibility for these)
- Large sums of cash
- Large amounts of food
- Where you cannot avoid bringing valuables into the Centre, please insure that you are fully covered by your own insurance.