

LSM

HOME SLEEP MONITORING

Do I need a Sleep Study?

Indications:

- Snoring which disturbs your bed-partner
- Observed to gasp or stop breathing
- Poor concentration
- Falling asleep whilst driving
- Disturbed sleep
- Waking up tired
- Morning headache
- Waking up with a dry or sore throat
- High blood pressure
- Night Sweats
- Frequent night urination

What is monitored during a home sleep study?



Certain measurements are required to tell us about your quality and quantity of sleep.

The home sleep study unit records exactly the same parameters as an In Lab study:

- ☐ Heart Rate
- ☐ Brain Activity
- ☐ Body Position
- ☐ Breathing
- ☐ Oxygen Level
- ☐ Leg Movements
- ☐ Sound

Our experienced staff will attach bands and electrodes to your chest, abdomen, legs and head to ensure accurate recordings. The whole process is painless with minimal disturbance to your usual routine. You are then able to return home and sleep in your own bed.

Referrals

A completed HSM referral is required from your General Practitioner or Medical Specialist.

Upon approval by a Sleep Physician you will then be contacted to organise an appointment that suits.

What do I need to do prior to attending HSM?

- Have a shower
- Be clean shaven
- Remove moisturizer from face
- Remove nail polish
- Wear loose clothing
- Bring in a top that you will wear to bed

What happens when I'm at home?

Since the equipment has started to function prior to leaving HSM you only need to dress for bed, complete evening questionnaire, apply four sensors and then go to sleep. In the morning, remove equipment carefully and place into bag. Complete questionnaire and return equipment to HSM at the pre arranged time.



Results

It will take up to two weeks until the results are given to your Doctor. If treatment is required you can then be referred to a Sleep Physician.

Fees and payments

There is a non-refundable out of pocket expense.

Where are we located?

Within "CPAP masks & tubing" shops at Blackburn, Coburg and Warrnambool.

Questions and concerns

A sleep study is a complex investigation which requires considerable time, effort and organisation by our trained staff.

Please call **1300 977 669** if you have any questions.



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