

## Patient information factsheet

# Home respiratory polygraphy (sleep study)

We have written this factsheet to give you information about having a respiratory polygraphy at home. It explains what a respiratory polygraphy is, what the test involves and how to prepare for it. We hope it will help to answer some of the questions you may have. If you have any further questions or concerns, please speak to a member of our team.

### What is a respiratory polygraphy?

A respiratory polygraphy (also called a cardiorespiratory sleep study) is a non-invasive test that measures your breathing, heart rate and the level of oxygen in your blood while you are asleep.

### How does the test work?

The test needs to be performed overnight in your own home while you are asleep. If you are a night-shift worker, you will need to perform the test during a long sleep period.

The test involves a respiratory polygraphy kit which is made up of:

- a main recording device (the sensors will be connected to this device)
- a Velcro chest strap (this will hold the main device in place and will measure your breathing effort)
- a Velcro tummy strap containing a sensor (this will measure your breathing effort)
- a nasal flow sensor (this will monitor your breathing)
- a soft clip finger probe (this will measure the level of oxygen in your blood and pulse rate)

All the sensors will need to be applied to your body before you go to sleep. We will demonstrate how to do this during your appointment. We will programme the main device to start and stop recording automatically, so you do not need to worry about this. We will also give you some brief written instructions on how to set up the kit at home. Please follow these instructions carefully. You may find it helpful to watch the following video: [www.vimeo.com/310732250](http://www.vimeo.com/310732250)

### Why do I need to have this test?

This test will help us to find a cause for your symptoms, which will help us to decide on the best treatment for your condition, if needed. This sleep study may also be required if you have already done a sleep study but the results were not clear enough for a diagnosis.

### How should I prepare for the test?

We will send you an appointment letter in the post.

### At your appointment

At your appointment, we will explain the test to you and answer any questions you may have. We will also loan you the respiratory polygraphy kit and explain how to use it before you take it home. We may also ask you to fill out some questionnaires so that we can get a better understanding of your sleep quality, patterns and symptoms. Please allow approximately 30 minutes for this appointment.

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## Before you perform the test

### You must:

- continue to take your usual medication as prescribed (unless you have been instructed not to)
- try to follow your normal sleep routine (we will programme the main device to start recording 30 minutes before your usual bedtime)

### You must not:

- wear any nail varnish or false nails on your fingernails, as this will affect the data being recorded
- consume any alcohol over the day and night of the test

## Are there any risks or side effects?

There are no known risks or side effects associated with this test. This test should not cause you any discomfort, but some people may find wearing the soft clip slightly uncomfortable.

## When should I return the kit?

**You must return the kit to Lymington New Forest Hospital the morning after your appointment (between 7.30am and 9.30am).** Please drop off the blue package containing the kit in the clear box at the main hospital entrance. The kit can be returned either by yourself or by someone else on your behalf. You will not need to contact anyone from the sleep team when returning the kit.

## When will I receive my results?

Once you have returned the kit to us, we will download and analyse the recorded data. We will then upload our findings to your electronic patient record. Depending on your results, we will either send you a letter for a review appointment, or a clinic letter explaining your results and what happens next. If necessary, we will arrange any further studies or treatments. We will send your results to your GP or the doctor who referred you.

## Contact us

If you have any questions or concerns about the respiratory polygraphy, please contact our adult sleep team.

Telephone: **023 8120 1947** (Monday to Friday, 9am to 4pm)

Please leave a message if we are unable to answer your call.

If you no longer wish to take this test, or you would like to be rebooked, please contact our admin team.

Telephone: **023 8120 6225** (Monday to Friday, 8am to 4pm)

## Useful links

[www.uhs.nhs.uk/OurServices/Respiratorysystem/Sleep-service/What-we-do.aspx](http://www.uhs.nhs.uk/OurServices/Respiratorysystem/Sleep-service/What-we-do.aspx)

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