



MORETON SLEEP & LUNG

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Sleep information and Preparation

Comprehensive Home (Ambulatory) Sleep Study:

A sleep study is a **medical test**. Sleep is monitored to assist with the diagnosis of sleep problems. Monitoring leads and sensors will be attached to your legs, chest and head in order to measure various parameters which assist in identifying various sleep problems. A home based sleep study has the same physiologic measures as an in-lab sleep study but with the comfort of sleeping in your own bed at home.

Preparation before your sleep study?

Before arriving for your appointment make sure you follow these steps to prepare correctly:

- ✚ Please shower before attending sleep equipment fitting. You will not be able to shower once equipment is fitted.
- ✚ Wear loose, comfortable clothing to the appointment for fitting. E.g. Singlet/T-shirt, loose fitting shorts or long pants. A jacket or a large T-shirt worn over the top of the device is recommended to wear home. Skirts and tight clothing (e.g jeans) is not recommended.
- ✚ Please remove makeup, nail polish or artificial nails. Avoid face creams.

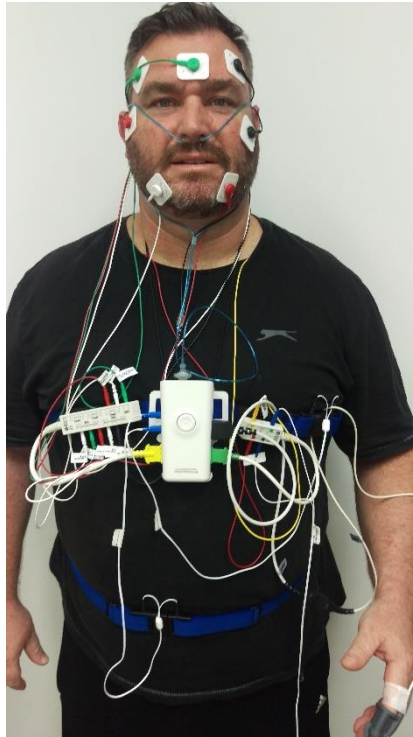
It will take less than 30 minutes for the sleep equipment to be fitted. The technician will collect your age, height and weight to assist in calculating your expected test values.

We recommend against the use of public transport as this equipment is highly visible.

The device must be left on for 8 hours once the study has commenced. For example, from 10pm to 6am.



Patient Fitted for Sleep Study:



Patient leaving clinic after fitout:

