

After you complete your sleep study

- Return the device by 9:30am. Alternate times may be negotiated at your appointment.
- Leave all the sensors plugged into the black box .
- Return all sensors in the large plastic bag, provided and place in the black case.
- Complete the Equipment check list and the Overnight questionnaire.
- **Do not throw anything away**

On complete and safe return of the sleep monitoring device, your security deposit will be returned to you.

After your sleep study

How will I get my sleep study results?

Your sleep study results will be sent to your referring doctor. The results take two weeks to complete.

What next?

Make an appointment with your referring doctor. At this appointment you will discuss your results and any treatment required.

Treatment options

The treatment options for sleep disorders is specific for each patient and depend upon your sleep study results, and your clinical assessment. It is strongly advised you discuss your treatment options with your referring doctor.

If you are unwell prior to your sleep study

If you are unwell leading up to your appointment, contact your referring doctor as soon as possible to discuss your condition. If your appointment requires rescheduling, contact [Advanced Pulmonary and Sleep Diagnostics](#) promptly to make alternative arrangements.

Important

If you have had a home based sleep study in the last 12 months you will not be eligible for the Medicare rebate. Please inform the booking staff.

Securing your appointment:

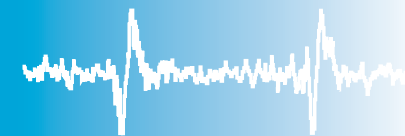
We require you to agree to the following conditions and pay the "Equipment Hire Fee":

1. The "Equipment Hire fee", is non-refundable should you:
 - Cancel the appointment.
 - Reschedule within 2 full working days of the appointment date
 - Reschedule on more than two occasions
2. The "Equipment Hire fee" must be paid as soon as your appointment is created.
3. All hired equipment (device, sensors, case) remains the property of APSD at all times.
4. You must provide security at your sleep study appointment for the hired equipment via credit card imprint or \$300.00 cash deposit, which will be returned to you on complete and safe return of the hire equipment.
5. You will be liable for any breakages, which will be deducted from your security deposit.
6. Failure to return the device by 9:30am the day following your sleep study appointment will incur a fee of \$300.00 debited from the supplied security. If the device is not returned within 3 working days of your sleep study appointment we reserve the right to commence legal proceedings.
7. Should technical failure of the equipment occur, the test will be repeated at no additional cost.



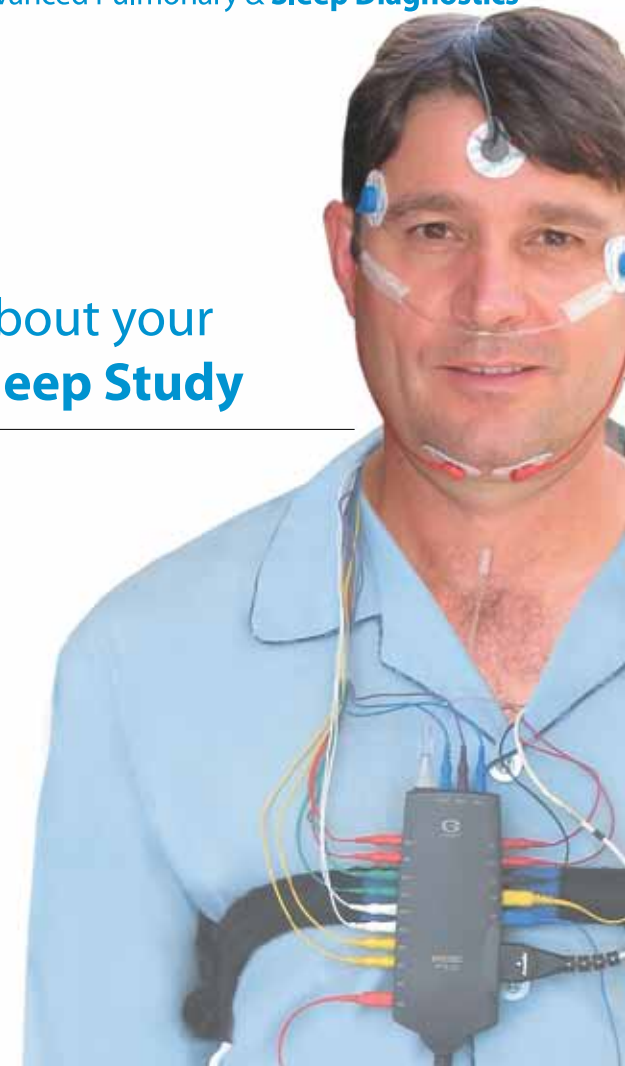
Advanced Pulmonary & Sleep Diagnostics

Head Office:
20 Eleanor Street Footscray Victoria 3011 Australia
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Advanced Pulmonary & Sleep Diagnostics

About your Sleep Study



**Please phone 1300 292 022
for your nearest location**

Head Office – 20 Eleanor Street Footscray
Victoria 3011 Australia

A **sleep study** is a recording of your brain and heart activity, your breathing, snoring and general body movements during sleep.

Sleep studies are performed in the home and in hospital.

A sleep study is used to obtain a thorough record of what occurs during your sleep. Sleep studies are used to investigate snoring, obstructive sleep apnoea and other sleep disorders.

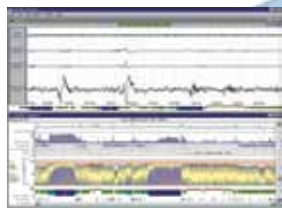
When should a sleep study be done?

If you are:

Waking unrefreshed, particularly if your partner has witnessed you snoring or stopping breathing or you are obese.

If you have a history of:

- Hypertension, particularly difficult to treat hypertension.
- Stroke
- Cardiac Disease
- Diabetes



Who can request a sleep study?

Your doctor, GP, Dentist or Specialist Physician.

How do I book a sleep study?

Your doctor needs to complete a

“**Advanced Pulmonary and Sleep Diagnostics Referral Form**” and forward this to us.

We will contact you within 24hrs of receiving the referral.

Where can I be referred if I need further advice?

Your doctor can refer you to one of our Respiratory and Sleep physicians. Our Respiratory and Sleep physicians can manage your sleep or respiratory disorders.

Call **9318 4377** to make a consultation appointment with our physicians.

Your Sleep Study Appointment

Bring the following with you to your appointment:

- **Your partner or carer**, as we advise you not to drive home with the device applied.
- **Any sleep disorder treatment devices** (ie: CPAP or MAS) you use.
- **Security payment**—credit card or cash deposit.
- **Medicare Card**

Preparation for your appointment:

Shower before your appointment, as once the device is fitted you will not be able to shower.

Do not apply moisturiser or makeup, and remove nail polish from your left index finger, and if the nail is long it may require trimming. Remove facial stubble; beards and moustaches are acceptable.

Wear a loose top which unbuttons at the front and loose pants as the device will be fitted directly against your skin. You will have sensors applied to your chest, head, fingers and legs/feet.

Take your regular medications, unless otherwise instructed by your referring doctor.

Have your normal meal and alcohol intake but be responsible, don't drink and drive.

At your appointment

Sensors will be attached to your body, during the appointment. Please allow up to 1 hour.

During your sleep study

- Follow your normal routine as much as possible.
- Go to bed at your usual bed time.
- Leave the device on all night.
- Sleep in your usual sleeping positions.
- Remain cool where possible, avoid sweating during the study, as this may cause the sensors to lift.

If you find an electrode/sensor has come off during the test, note the time and if at all possibly reattach the electrode/sensor.