

# Inpatient Overnight *Sleep Study*



# Sleep Study Preparation

## Placement of Wires/ Sensors

- Wires/ sensors will be placed on your face/ head/ body/ legs (only on the surface).
- This process may take 45 minutes to 1 hour.
- You will be given some time to adapt to all the wires/ sensors.



# During the Sleep Study

## Sleep Study Recording

- You are advised to sleep as early as possible. A minimum of 6 to 8 hours of sleep recording is required to ensure that sufficient data is captured.

## Video Recording

- Strictly for the purpose of monitoring any abnormal sleep behaviour.
- You will be required to sign an acknowledgement form give your consent for video recording.



## Displacement of Wires

- If any wire/ sensor falls off, please do not be alarmed. Our respiratory medical technologist will come in to assist you.

## Sleeping Position

- Tossing and turning in your sleep will not affect the recording.
- However, you are discouraged from sleeping on your tummy.



## Use of Washroom

- Use the call button if you need to use the washroom or if you require any assistance.

# End of Sleep Study and Discharge

## Removal of Wires/ Sensors

- Once sufficient data is recorded, we will wake you up and stop the recording.
- Wires/ sensors will be removed.
- You can shower after removal of the wires/ sensors.

## Issue of Discharge Summary/ Hospitalisation Leave

- You will be issued a discharge summary after the procedure. A hospitalisation leave may be issued to you upon request.

## Light Breakfast/ Discharge

- Light breakfast will be provided.
- To facilitate housekeeping, patients will be discharged and should leave the ward by 8am.



## Sleep Study Report

The sleep study will be analysed and interpreted by the Sleep Care Team. Your doctor-in-charge will go through your report with you during your next appointment.



# Prior to Sleep Study

## Reminder Calls

Our team will give you two reminder calls - at 2 weeks and 1 to 2 days before your sleep study appointment.

## Postponement/ Cancellation of Sleep Study

If you're not feeling well, please call the Sleep Lab to reschedule your sleep study.

Any postponement of the sleep study is subject to the next earliest available date, as all sleep studies are pre-booked in advance.

If you wish to cancel your sleep study, please inform us early.



# On the Day of Sleep Study

## Reporting Location and Time

Please report to the Sleep Lab at Woodlands Health Campus, Ward C76 (Tower C, Level 7) by 7:45pm.

### Things to Bring/ Do



- Bring your NRIC and/or necessary registration documents
- Bring your usual medications and take them as required (except for sleeping pills)
- Take an early dinner as dinner will not be provided
- Take a shower before coming in and keep your hair dry
- Bring your own toiletries

### Things/ Foods to Avoid



- No caffeinated drinks (e.g. coffee, tea)
- No alcohol
- No sleeping pills prior to the sleep study
- Do not apply any lotion/ creams on your face and body



Scan QR code to download e-brochure

Information shared is accurate as of May 2024 and subject to revision without prior notice.