

# What is an overnight sleep study?



The Woolcock Clinic  
431 Glebe Point Road  
Glebe NSW 2037  
**[www.woolcock.org.au](http://www.woolcock.org.au)**

**P** 02 9114 0000 (8am-8pm)  
**P** 02 9114 0266 (after 8pm)  
**F** 02 9114 0465  
**E** [sleep@woolcock.org.au](mailto:sleep@woolcock.org.au)

# ABOUT US

## The Woolcock Clinic specialises in the diagnosis and treatment of sleep and breathing disorders

The Woolcock Clinic is part of the Woolcock Institute of Medical Research which is ranked as the top specialist sleep and respiratory health research centre in the world by the influential Times Higher Education.

This booklet has been designed to provide you with information regarding your visit to our state-of-the-art sleep unit. We hope it confirms information previously provided to you and answers any questions you may not have thought to ask. If you have any further questions after reading this booklet, please contact us on 02 9114 0000.

## WHY AM I HAVING A SLEEP STUDY?

You have some symptoms that indicate that you may have obstructive sleep apnea (OSA) or another sleep disorder. The type of symptoms linked to sleep disorders include insomnia, snoring, daytime sleepiness, falling asleep in passive situations or when driving, breathing difficulties, nightmares, sleep talking or walking, short term memory loss, or difficulty concentrating.

## ON THE DAY OF THE STUDY

- Please wash your hair and shower on the day of your study - this will remove oils and improve the quality of the recordings. Avoid using any hair products and face creams.
- Please ensure to remove acrylic nail/shellac from your left or right index finger as this interferes with the data collection. You don't need to remove nail polish.
- Please have dinner before your appointment. Alternatively, you can bring food along and use our kitchen facilities. Our kitchen has a microwave, toaster, kettle, fridge, and sandwich toaster. There are also takeaway facilities nearby if you do not wish to bring your dinner.
- Alcohol is not to be consumed prior to your sleep study.

## WHAT TO BRING

- Medicare card/Pensioner card/Concession card/Centrelink Health Care card
- Credit card: for payment for the facility fee which cannot be claimed from Medicare or a private health fund.

- Nightwear: Cotton pyjamas or shorts and T-shirt must be worn. Please do not wear polyester.
- Toiletries: Please bring shampoo and conditioner if you would like to have a shower in the morning.
- Entertainment: If you wish, you can bring a book, game, laptop or tablet. We offer free Wi-Fi.
- Medication: Take your usual prescribed medications unless your doctor has advised you otherwise. Please note we do not keep medication in the clinic.

**Please note:** You do not need to bring breakfast as we provide you with a small breakfast in the morning.

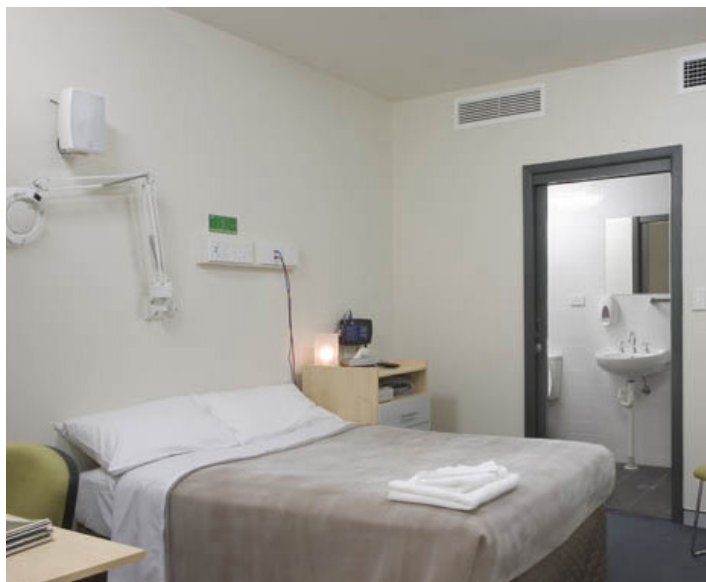
## TRANSPORT

See page 6 for parking and transport options.

## ARRIVAL

Please check in at Reception upon arrival. You may need to have an initial consultation with one of our sleep specialists and complete some questionnaires.

If you are running late on the evening of your sleep study, please call 02 9114 0000 before 8pm or 02 9114 0266 after 8pm.



# WHAT HAPPENS DURING MY OVERNIGHT STAY?

## 1. MEDICAL ADMISSION

For those patients who have already seen a Sleep Physician prior to this visit, one of our sleep technicians will meet you after you have checked in at Reception. If you have yet to see a Sleep Physician, you will have a consultation on the evening of your overnight stay.

## 2. THE SET-UP

Your sleep technician will show you around the facility to familiarise you with the location of your bedroom, the toilets and patient lounge room, where you will find tea and coffee and couches to relax. Once you are settled in your bedroom, change into your pyjamas or other sleepwear. Your sleep technician will weigh you, measure your height and neck circumference and take your blood pressure and heart rate.

While you are seated, your sleep technician will apply a number of small sensors to your face, under your chin, on the top of your head, on your chest, your waist and your legs. All sensors are applied in a non-invasive manner with water-soluble glues and pastes. This process will take approximately 60 minutes. Once finished, the sensors and wires will be gathered together and attached into a box used

for recording. The sensors will measure your heart rate, oxygen level, airflow and breathing effort, eye movements, chin muscle activity, and brain waves (EEG).

You will also be fitted with two belts around your chest and waist, a position probe, nasal prongs and a pulse oximeter probe.

You will be free to walk around the Sleep Unit, watch television in the lounge, go to the toilet or read in your room until it's time to go to bed.

## 3. BEDTIME

Your sleep study should start recording before 11pm. Please brush your teeth, visit the toilet and be ready for bed before this time.



*Setting up for sensor placement.*



*Application of the sensors.*



#### 4. SENSOR CHECK

Before lights out and while you are lying in bed, the sleep technician will speak to you from the monitoring room over the intercom system to test the sensors are working correctly. You will be asked to perform a few simple commands, such as blinking your eyes and pretending to swallow. These checks will take less than 10 minutes.

The lights to your room will be turned off and your door will be closed. Should you need to use the bathroom overnight, press your call bell for assistance and your sleep technician will disconnect the main cable that plugs into the sleep testing equipment and you will be able to walk to the toilet.

Overnight, the sleep technician will monitor your breathing, oxygen levels, brain waves and muscle activity on the computer screen.

Please note that video monitoring is used during the study.

#### 5. WAKE UP AND DISCONNECTION

Study recording concludes at around 5-7am and the equipment takes 20 minutes to be removed.

#### WILL YOU KNOW WHEN (AND WHAT) I AM DREAMING?

No. Although we can tell when you may be dreaming, we cannot 'see' what you are dreaming.

You will then be free to take a shower, have breakfast or leave. If required, please ensure you have arranged transport home the night before.

#### PICK UP

If someone is coming to pick you up in the morning after your sleep study, they may have trouble entering the building. Please ask them to call 02 9114 0266 and a staff member will be able to let them in.

#### TEST RESULTS

Your results will be ready approximately 4-5 weeks after your study. Please provide us with your email address so we can notify you once your results are ready and sent to your referring doctor.

Please call **02 9114 0000** or visit **[www.woolcock.org.au](http://www.woolcock.org.au)** if you would like to make a follow-up appointment with a Woolcock specialist. They can provide you with a clear and comprehensive explanation of your results and carefully prescribe and tailor the best treatment options available for your needs.



Completed head setup showing nasal prongs in position.



A sleep technician performs final testing of signals before lights are switched off.

## LOCATION

Woolcock Institute of Medical Research  
431 Glebe Point Road  
Glebe NSW 2037

## PUBLIC TRANSPORT

State transit buses which run from Central station stop right at the front entrance to the Woolcock Clinic.

Phone 131 500 Transport Infoline for up-to-date timetables and maps for buses, trains, light rail and ferries or visit [www.transportnsw.info](http://www.transportnsw.info).

### Bus

- 431: Daily full-time service from City Martin Place to the Woolcock Clinic.
- 433: Daily full-time service from City Pitt Street to Gladstone Park, Balmain. Alight at Glebe library - the Woolcock Clinic is located approximately 450m away, down Glebe Point Road continuing in the direction that the bus was travelling.

- 370: Daily daytime service from Leichhardt Market Place to Coogee. Alight at Glebe library - the Woolcock is approximately 450m away, down Glebe Point Road continuing in the direction that the bus was travelling.

### Light Rail

The Metro Light Rail runs from Central Station to Glebe. The closest stations are 'Glebe' and 'Jubilee'.

## PARKING

### Street Parking

8am to 6pm: 2-hour free parking is available on Glebe Point Road and surrounding streets.

6pm to 8am: Free street parking.

### Undercover Parking – Limited

Limited parking spots are available for patients visiting the clinic. The car park may be entered via Leichhardt Street through the second roller door on the right-hand side. Press the intercom button marked Reception and staff will buzz you in.



Front entrance to the Woolcock Clinic on 431 Glebe Point Road.

# WOOLCOCK CLINIC FLOOR PLAN

