

What is a daytime sleep study?



The Woolcock Clinic
431 Glebe Point Road
Glebe NSW 2037
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

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.

ON THE DAY OF THE STUDY

- You are not allowed to consume products containing caffeine (coffee, tea, cola, energy drinks, and chocolate) for the entire day, as this can interfere with your test results.

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.
- Sleeping attire: 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.
- Lunch: You are welcome to bring food with you and make use of our kitchen facilities. We have a microwave, toaster, kettle, fridge, and sandwich toaster. There are also takeaway facilities nearby if you do not wish to bring your lunch.

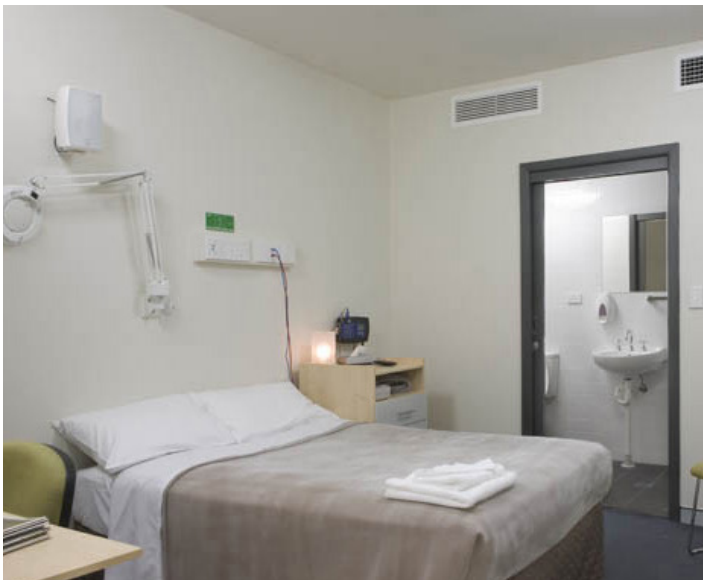
- Entertainment: If you wish, you can bring a book, game, laptop or tablet. We offer free Wi-Fi.
- Medication: Your doctor may instruct you to stop taking certain medications a few days before the morning test. If this is the case, we will confirm this with you the week before your study date. Please note we do not keep medication in the clinic.

TRANSPORT

See page 6 for parking and transport options.

ARRIVAL

As Reception does not open until 8am, upon arrival, please call 02 9114 0266 and a sleep technician will greet you at the front door.



WHAT IS A MSLT OR MWT?

MSLT stands for 'Multiple Sleep Latency Test'. This is a test to see how sleepy you are during the day. It is a diagnostic test for daytime sleep conditions such as narcolepsy and idiopathic hypersomnolence. It is usually performed after an overnight sleep study. You will be required to take four to five naps with two-hour gaps in between. Each nap will last for 20-35 minutes.

Please note: You are not allowed to take any naps before the first morning nap test and between naps.

MWT stands for 'Maintenance of Wakefulness Test'. The test is very similar to the MSLT study, taking place during the day. Unlike the MSLT, it is a test to see how well you remain awake when asked to sit in a darkened room. The test is commonly used to see if individuals are safe to drive, can maintain wakefulness and whether medications are working effectively. It is usually performed after an overnight sleep study. The time frame you are asked to stay awake for is up to 40 minutes, four times during the day.

IF YOU ARE HAVING AN OVERNIGHT SLEEP STUDY FOLLOWED BY THE DAYTIME SLEEP STUDY

In the morning you will be woken at around 5-7am. The daytime test will likely continue in the same room. If you already have sensors in place from the previous night's sleep study, your sleep technician will leave them on and remove the belts, nasal prongs and leg sensors.

You will be free to walk around the Sleep Unit, watch television, go to the toilet or sit and read in your room until it is time for your testing.

IF YOU ARE ARRIVING IN THE MORNING FOR A STANDALONE DAYTIME SLEEP STUDY

Upon your arrival, please call 02 9114 0266 and a sleep technician will greet you at the front door. 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. If you are having a MSLT study, please change into your pyjamas or other sleepwear. Patients undergoing a MWT study can remain in day clothes for testing.

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 and your waist. 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 be free to walk around the Sleep Unit, watch television, go to the toilet or sit and read in your room until it is time for your testing.



Setting up for sensor placement.



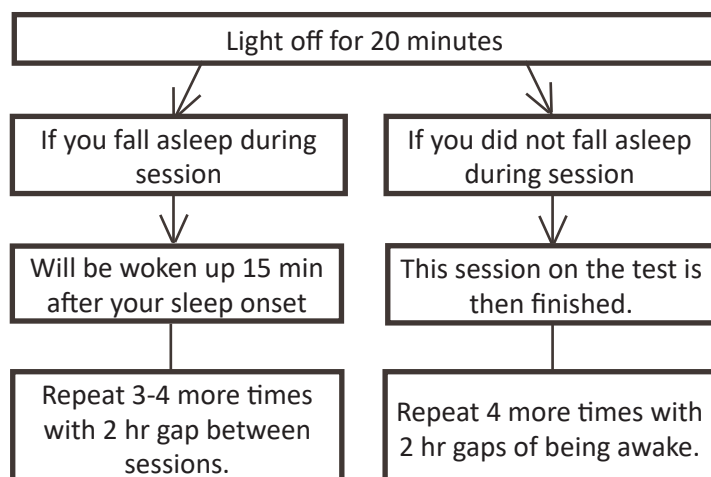
Application of the sensors.

TESTING TIME

Your study will commence two to three hours after you wake up. For example, if you wake up at 6:30am, your first test will commence between 8.30am and 9.30am. You may walk around the Sleep Unit before each test starts. However, you will be required to go back to your bed (for MSLT) or sit in your bedroom (for MWT) 15 minutes prior to the beginning of the first test.

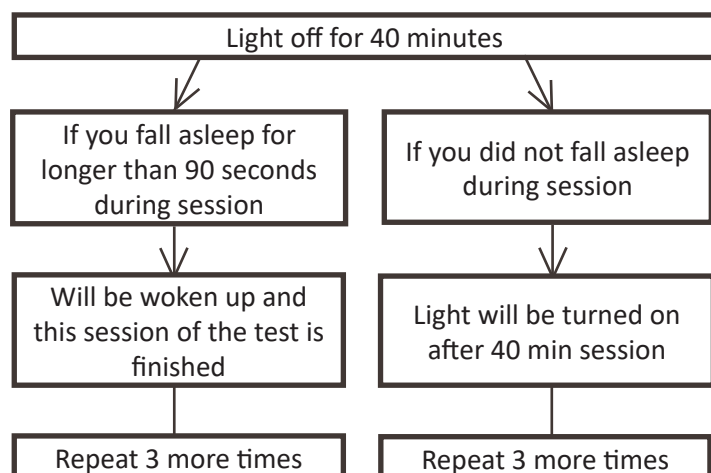
MSLT

MSLT patients will be required to lie in bed in a darkened room for 20-35 minute periods at two hour intervals during the day. The complete MSLT involves either four or five naps which will each last for 20-35 minute sessions.



MWT

The MWT study involves four 40-minute sessions.



SENSOR CHECK

Prior to the first test of the day, 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.

During the study, the sleep technician will monitor your heart rate and brain waves on the computer screen.

The lights to your room will be turned off (for MSLT) and your door will be closed. A lamp with low light will be used during the MWT study.

Please note that video monitoring is used during the study.

WAKE UP AND DISCONNECTION

Study recording concludes between 3pm-6pm and the equipment takes 20 minutes to be removed.

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

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** 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.

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.

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.

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

