

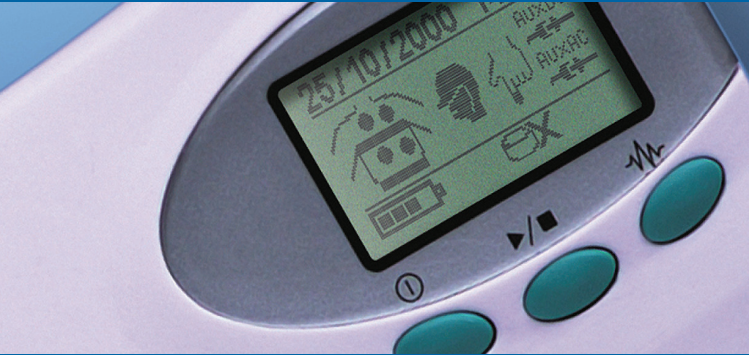


UNIVERSITY
of
OTAGO
Te Whare Wānanga o Ōtāgo
NEW ZEALAND

WELLINGTON

CARDIO-RESPIRATORY SLEEP STUDY WHAT TO EXPECT

somté™



WellSleep

UNIVERSITY OF OTAGO, WELLINGTON SLEEP INVESTIGATION CENTRE

Bowen Hospital | Churchill Drive | Crofton Downs | Wellington

Tel 04 920 8819 | Fax 04 920 8861 | Email wellsleep@otago.ac.nz

Cardio-respiratory sleep study

What is a cardio-respiratory sleep study?

A study to measure your breathing, oxygen levels and heart rate during sleep.

It can be used to make a diagnosis of:

- Obstructive sleep apnoea
- Central sleep apnoea
- Periodic limb movements

The following functions are monitored:

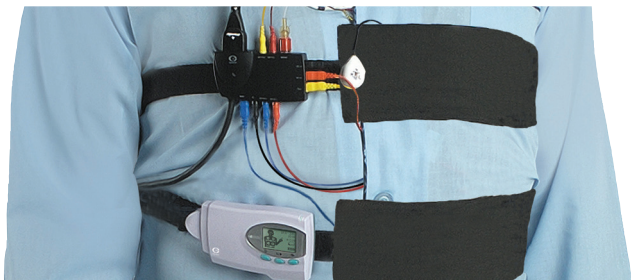
- Respiratory airflow
- Respiratory muscle effort
- Leg movements
- Blood oxygen levels
- Heart rate
- Body position
- Sound

What is involved?

You will need to come to WellSleep in the evening with your night wear. Most people find shorts/boxers and a singlet or t shirt fine. You will need to bring a jacket and maybe baggy trousers such as track pants to put on over for the drive home.

The sensors will be attached by an experienced physiologist. The unit attaches to your body and runs off batteries – you do not need mains power. The unit will start recording before you leave WellSleep to return home to sleep as usual.

In the morning you disconnect the sensors from your body and place all equipment – still attached to the recorder – in the small case provided and bring it back to WellSleep by lunchtime.



What will happen next?

Your sleep study will be analysed by trained sleep technologists and sleep specialists who will send a report to your referring doctor.