

Polysomnography Sleep Study at home

You are partaking in a polysomnography sleep study with attached measuring equipment.

The sleep study is planned at location Veldhoven:

Please go to the Pulmonary Medicine outpatient clinic (polikliniek Longgeneeskunde)

route 207, there is an information board indicating where you can take a seat.

The hospital worker who will be connecting the equipment, will pick you up in the waiting room.

The sleep study is on a tight schedule. Please be **on time** for your appointment.

Please read this leaflet thoroughly in preparation for the appointment.

If you are unable to keep your appointment, please let the pulmonary outpatient clinic know as soon as possible on (040) 888 61 20. If you do not cancel in good time, you may be charged for any costs incurred.

Sleep study and Ramadan

It is important for the sleep study that you sleep for a sufficient number of consecutive hours. When you follow the guidelines of Ramadan, this is often not possible. It is therefore sensible to have the sleep study take place outside the period of Ramadan.

Consult with your specialist if you participate in Ramadan and the sleep study takes place during this period. The sleep study will then be scheduled at a different time.

Sleep study

During the sleep study, a number of bodily functions are measured and recorded. The study is not painful. The equipment will be connected in the hospital. You can then go home to sleep with the equipment already attached.

Smoking is not permitted under any circumstances once the equipment has been attached!

If you have any questions after reading through the leaflet,
please contact the pulmonary outpatient clinic by telephone on (040) 888 61 20.

The information in this brochure is general in nature and is intended to give you an idea of the care and guidance you can expect. In your own situation, other advice or procedures may apply. This brochure is therefore only an addition to the specific (verbal) information from your specialist or practitioner.

For the polysomnography study, you will be connected to some measuring equipment. You will sleep at home with this equipment. The equipment will measure and record:

- Your breathing (using a nasal cannula and flexible band around your chest and abdomen);
- Your blood oxygen level (using a finger clip);
- When and for how long you snore (using a microphone);
- Which position you sleep in (on your back or in another position).
- Your brain activity;
- Your leg movements;
- Your eye activity;
- The activity of your chin muscles;
- Your heart activity.

Preparation at home

- Wear the T-shirt or pyjama shirt you want to sleep in. The equipment will be fitted over this. Once the equipment has been connected, you cannot change your clothes.
- Please wear loose fitting trousers. No leggings or tight jeans.
- Please:
 - Don't wear nail varnish or false nails on your index finger (because of the oxygen measurement);
 - Don't wear jewellery (earrings, piercings, necklaces, bracelets, watches etc.);
 - Don't use any moisturiser or body lotion.
- Wash your hair on the day of the study. This is necessary for us to be able to attach the electrodes to your head properly. Don't use any gel, hairspray or other styling products after washing your hair.
- You won't be able to shower once the equipment has been connected.
- **For men, it is important to shave your beard off completely.**
- It is recommended to arrange transport home by car instead of by bicycle or public transport, as you will be travelling with all the equipment attached to your body.

In the hospital

- Connecting the equipment and giving instructions will take around 45 minutes.
- You will sign a loan agreement for the equipment that is used for your sleep study. See the example in the back of this leaflet.
- You will then go home with the equipment attached.



Sleeping at home

The following applies to you at home during the study:

- Go to sleep at your normal bedtime.
- A minimum of 6 hours of sleep is required for the study to be effective. This does not mean that the 6 hours of sleep have to be in one consecutive period.
- Stick to your normal bedtime routine, such as taking medication or drinking alcohol.
- Avoid ambient sounds and sleep alone. To make sure the results are reliable your partner will need to sleep in a different room for the night of your sleep study.
- Once you are connected to the measuring equipment, you are **not** allowed to smoke under any circumstances. Smoking and smoke affect the measurement results.
- Switch off mobile phones in the bedroom, as these can interfere with the results. It is also possible to put your mobile phone in flight mode if you use it as an alarm clock.
- The equipment must not come into contact with water.
- You can remove the equipment yourself in the morning.
- Fill out the questionnaires.

Returning the equipment and questionnaires

Return the equipment and the completed questionnaires at the Cardiology-Pulmonology-Sport Department (functieafdeling Hart-Long-Sport, **route 204**), Veldhoven site on the next working day, between **08:00 and 9:00**. If the equipment is connected on a Friday, then return it the following Monday morning.

The results

Several specialists will discuss the results of the study. You will be given an appointment with one of these specialists or with the OSAS nurse.

Example Loan Agreement

Dear patient,

For your treatment, you will be given expensive medical equipment belonging to Máxima MC (MMC) to take home. To ensure that this equipment is returned in good condition, please sign this agreement and give it to the employee from the Cardiology-Pulmonology-Sport Department, where they will attach your equipment. You have an appointment to connect the equipment and you have received the relevant patient information leaflet.

The following rules apply to the use of the equipment:

1. You are responsible for using the equipment carefully.
2. You may only use the equipment as agreed between you and your care provider and as explained in the patient information leaflet.
3. After using the equipment, please return it at the agreed time and in the same condition as you received it (including any packaging).
4. Report defects or damage to the equipment immediately.
5. You will be held liable by MMC for negligence or misconduct.
6. In the case of failure to return the equipment at the agreed time, MMC is unfortunately obliged to impose a fine of €100 per day.

This loan agreement and any resulting disputes are subject to Dutch law.

Agreed, drawn up in duplicate and signed, Veldhoven, date

Head of Cardiology-Pulmonology-Sport Department

patient signature

patient sticker here

Initialled, return received, dated