

What happens at a Sleep Lab appointment?

An outline of what you can expect to happen when you are referred for a test in our Sleep Lab.

Polysomnography (pronounced: po-lee-som-nog-ra-fee) is a comprehensive sleep study performed in a hospital facility called a sleep laboratory. Because this test collects a lot of data, it can be useful for a wide range of different patients, including those who have more complicated medical backgrounds or are not suitable for a home (portable) study.

Waikato DHB's Sleep Lab is located on level B1 of the Waiora Waikato Building at Waikato Hospital.

What can I expect if I am referred for a test in the Sleep Lab?

- You will be sent an appointment for the Sleep Lab, and a list of things to be aware of, what to bring and where to go. The appointment is for an overnight study, so you are regarded as an inpatient similar to a patient on a ward.
- We may contact you to confirm your booking and check details such as mobility requirements. Please let us know if you have any special needs.
- You will arrive at Sleep Lab at 7pm and be given your own room.
- During the evening you will have a number of sensors applied to your skin and body – these do not hurt, but can feel a little strange.
- In the morning the sensors are removed and you are able to dress and prepare for your day as normal.
- You will be discharged around 7am, or earlier if you prefer.
- You may trial CPAP during your sleep study night, or be offered a trial at a later date if significant OSA is identified.
- You may be offered treatment the morning following your study and will be given all the information you need if that is the case.
- You will be sent a follow-up appointment.

What happens at a home sleep study?

Portable (home) sleep studies are one of the tests used to investigate sleep disorders. Consisting of a simple recorder and several attached sensors, portable studies are often performed in the comfort of your own home, and are particularly useful to identify problems with breathing during sleep.

What can I expect if I am referred for a home sleep study?

- You will be sent an appointment to come to Sleep Clinic.
- During your appointment you will be issued with a portable study unit, and provided with a demonstration plus simple, clear written instructions.
- You take home the study unit, wear it overnight, and then return it to Sleep Clinic the following morning.
- Data from your study will be downloaded and reviewed thoroughly.
- You may be offered a trial of CPAP therapy if your study shows you have obstructive sleep apnoea – usually no overnight stay at Sleep Lab is needed.