

Bathroom Facilities

There are washing facilities available on the ward. Please ensure you bring T-shirt/ pyjamas top, pyjamas bottoms/jogging bottoms, toothbrush and wash kit.

Getting up

The sleep study will finish at between 6-8 am, you will be offered a tea/coffee and free to leave after this time. Please inform staff that you are leaving. If you are awaiting transport you will be offered breakfast at 8am.

If you require hospital transport please let the nursing staff know on your arrival so they are able book your journey home following Sleep Study.

On awaking you can remove the sensors carefully and place onto the bedside table. Please take the time to complete a patient voice questionnaire, which will aide us in improving our service.

Notification of Results

You will receive your results by letter from the consultant, notifying you whether a further appointment is to be made.

This would be sent in due course.

Your GP will also be informed of the results.

Sleep Study Clinic Staff

Dr. Mark B Jackson *Consultant*

Karen Ridgway *Nurse Specialist*

General Information

This Trust is 'Smoke Free'. Smoking is not permitted anywhere on the premises.

If you are unable to attend on the date of the study would you please contact **01444 441881 extension 8708** during office hours (09:00-17:00). Out of office hours please contact Plumpton Ward on **01444 441881 extension 8099**

Please be aware that you will have to pay the overnight Trust parking charges if you park within a barrier controlled car park.

Sleep Clinic

Princess Royal Hospital

Lewes Road, Haywards Heath RH16 4EX

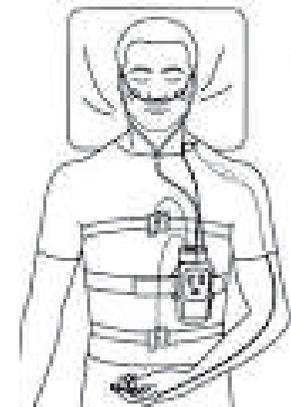
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The information in this leaflet is for guidance purposes only and is in no way intended to replace professional clinical advice by a qualified practitioner.

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The Sleep Study



Patient Information Leaflet

The Sleep Study Room

You will be contacted by letter/text to inform you of the date of your sleep study. The study will take place on Plumpton Ward, Princess Royal Hospital, Haywards Heath.

Plumpton Ward has two single side rooms setup to perform the sleep studies investigation overnight.

If you would like to see the sleep study rooms before your stay, please contact us so this can be arranged.

Please telephone Plumpton Ward 01444 441881 extension 8708 prior to your sleep study admission to advise if you require extra assistance with your overnight stay.

There are nursing staff on duty throughout the sleep study, if you have any concerns please do not hesitate to ask.

On Arrival at Ward

Please arrive at 21.00hr (9.00pm) Nursing staff will greet you and show you to your room and advise you where the toilet/ bathroom facilities are and provide you with a jug of water.

You are advised not to drink any tea/coffee as this can act as a stimulant and inhibit natural sleep from taking place.

There will also be a supply of ear plugs and eye patches readily available if required.

If you wear false nails/varnish you will be required to remove from your index fingers prior to attending as this can effect the results.

You may also prefer to bring your own pillows/blanket which you may find more comfortable.

Please ensure you bring any medications that you would normally be prescribed as the hospital will not be able to supply this in the event of you forgetting.

The Sleep Study

In order to perform the sleep study a small box will be strapped around your chest and an oxygen oximeter probe will be attached to your index finger. This will remain in place throughout the sleep study however, you will be shown how to disconnect the monitoring equipment if you need to visit the bathroom over night.

The nurse will prepare you for your sleep study which will commence at 22.00 hrs (10.00pm) and finish at 06.00hrs (6.00am). The sleep study equipment will measure respiration, heart rate, oxygen levels and level of snoring and monitor you throughout the night.

Cameras are attached above the bed to record your sleeping positions/patterns overnight.

Since you will not be sleeping in your normal environment it is frequent for people having a sleep study to feel that they have not had a normal night's sleep but we usually do record sufficient sleep to be able to make necessary treatment decisions.