

Patient name: _____ DOB: _____

Your appointment has been booked for: _____

Thank you for booking your sleep study with Border Physicians Group.

Preparation for your home sleep study

1. If coming from a physical/dirty job or the gym you should shower before your appointment.
2. Wash hands and fingernails thoroughly, removing all dirt.
3. Remove any makeup/moisturiser/oil/serum prior to your appointment.
4. Ladies - remove bra or have on a crop top or non-underwire bra that is suitable for you to sleep in.
5. If you wear nail polish/gels/acrylics, please have one (1) middle fingernail cleaned and free from these, so that an oximeter can be placed on that finger.
6. Wear a singlet or t-shirt to your setup appointment. The equipment will be attached to this. Also have a **loose-fitting** shirt/top to place on over the equipment after it is applied. You will also have electrodes/leads attached to your leg/s. Please have either a pair of leggings or trackpants to wear over these.
7. Bring your Medicare card with you.
8. There is a cost for the study which will be quoted when the appointment is made.
9. Allow 45 minutes for your appointment.
10. Please complete the two questionnaires (ESS & StopBang) and bring with you to your set-up appointment.

After study set-up

1. You will be connected to multiple electrodes and some respiratory bands. Therefore, you should not anticipate socialising or playing sport after you have been set up. Walking or cycling home after your set-up appointment is also not recommended.
2. Keep yourself cool, as sweat causes bad signals. Plan for cool transport home, cool bedding and/or a fan.
3. Please return equipment the following day by 10:30am.