



★ Trustpilot

What to expect for your home sleep study

Everything you need to know



What is a sleep study?

A sleep study, known as a polysomnogram, is an overnight test used to determine the cause of sleep issues. Up to 20 different measurements of brain waves, body movement and breathing are made to detect sleep disturbances.

This type of testing can be done in the home, in a sleep clinic, or in hospital. At Seer Medical, the overnight sleep study takes place in the comfort and privacy of your own home.

Why do I need a sleep study?

Your doctor has recommended a sleep study to investigate your symptoms that may indicate a sleep disorder. The results from the study will provide your doctor with information to determine the cause of your symptoms, whether you have a sleep disorder, and guide the next steps to manage your condition.

Usually one night's sleep provides enough evidence to diagnose a sleep disorder.

What to expect

While the actual sleeping of your sleep study happens at home, connecting the equipment takes place in our clinic. On the day of your appointment, you will come into a Seer Medical clinic to be fitted with a sleep study system. During this appointment, a clinical staff member will place electrodes on your head, face, and chest.

When you get home, you can carry on with your normal evening routine up until you go to sleep. Once you are ready for bed, you'll follow the simple instructions provided to you to set up the system.

It is important to note that once the sleep equipment is fitted, it cannot be removed until the morning when the study is completed. Please wear or bring a top and pants (preferably loose and not too thick) that you will feel comfortable sleeping in.



The device sensors will measure several data points while you are sleeping:

- Breathing effort
- Airflow
- Blood oxygen levels
- Brain activity (EEG)
- Heart activity (ECG)
- Eye movement (EOG)
- Muscle movement (EMG)

In the morning, you'll remove the electrodes and equipment at home. This is an easy process which will be explained to you at your connection appointment. You will then head back to the Seer Medical clinic to return the sleep study equipment.

How to prepare

It is important to note that once the sleep study device is connected, you may find it a bit restrictive, so we recommend having your evening well organised in advance (for things such as travel, meals, groceries and any activities).

- Ensure that your hair is clean and completely dry for your appointment. Please do not use any hair products on the day of your test
- If you have a beard, be clean shaven with no stubble. If you have an established beard, please have it washed and dry. Electrodes will be placed along the chin.
- Wear a comfortable loose-fitting top and pants (or bring one to change into) that you intend to wear to sleep. Once on the system is put on you, it can't be taken off until after the sleep study
- Clear your schedule for the night and have dinner already prepared
- Organise to drive yourself, or have someone drive you, to and from both appointments (you may prefer not to take public transport once you are connected with the sleep study device).

Results

Results will be provided to your referring doctor within five (5) business days. Your doctor will review the results with you and discuss next steps at your follow-up appointment.

It is highly recommended that you schedule your follow-up appointment with your doctor (if you haven't already) roughly one (1) week after the end of your test.

We're here to help

If you have any questions, call the number below and a Seer Medical team member can help.

 1300 869 888

Mon-Fri 9:00am-5:00pm AET (Melbourne/Sydney)

 info@seermedical.com