

## About sleep studies

### What is a sleep study?

A sleep study, known as a polysomnogram, is an overnight test used to determine the cause of sleep issues. Measurements of brain waves, body movement, and breathing are collected 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.

### What does a sleep study measure?

Several data points are measured during sleep:

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

### Why do I need a sleep study?

Your doctor has recommended a sleep study to investigate 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 and whether you have a sleep disorder, and guide the next steps to manage your condition.

### What will the results tell my doctor?

The results will provide your doctor with information that they can use to determine what is causing your symptoms and if you have a sleep disorder. The data can guide your doctor on the next steps to treating and managing your condition.

## Benefits and clinic location

### What are the benefits of doing a home sleep study compared to an in-clinic study?

The biggest reason people prefer at-home sleep studies is the comfort of being in their home and sleeping in their own bed. Other benefits include:

- Ability to carry on with your normal nightly routine
- Reduced anxiety around being ‘watched’ while sleeping
- No distracting hospital sounds and lighting that may interfere with normal sleep
- No ‘white coat’ syndrome

### When should I do a sleep study in a clinic or in a hospital?

While people prefer the comfort of testing in their home, at-home sleep studies aren't suitable for everyone. Here are a few reasons your doctor may recommend an in-patient (overnight in a clinic or hospital) sleep study:

- You need to be monitored by medical staff,
- A sleep professional is required on-site to continuously observe your sleep behaviour,
- Certain aspects of your environment need to be controlled, or
- Your referral is for one of the following:
  - REM sleep disorder (parasomnia)
  - CPAP implementation
  - APAP machine required
  - Narcolepsy
  - Maintenance of wakefulness test (MWT)
  - Multiple sleep latency test (MSLT)

### Where does Seer Medical offer sleep studies?

Sleep studies are offered at Seer Medical clinics. While the sleeping portion of the test takes place in your home, the connection of the equipment takes place in the clinic. For clinic locations, please check [www.seermedical.com/au/home-sleep-study](http://www.seermedical.com/au/home-sleep-study)

## How to get a sleep study

### When should I get a sleep study done?

A sleep study is usually recommended if you experience symptoms that may indicate a sleep disorder. It's usually highly encouraged to get testing done as soon as possible to determine causes and improve sleep sooner rather than later. Sleep plays an important role in maintaining your health and your doctor will determine whether or not you need one.

### Do I need a referral?

Yes. You will need a referral from your doctor for a sleep study to be eligible for the Medicare rebate. For a referral speak with your GP or visit a sleep physician.

### Can I get a sleep study if I've had one in the last 12 months?

Yes. If you have had a sleep study in the last 12 months, you will still be able to have a sleep study with Seer Medical. **However, you will need to pay the full service fee as you will not be eligible for the Medicare rebate (exceptions apply if a sleep physician determines an additional sleep study is necessary in the referral).**

### What kind of doctor should I speak to about a sleep study?

You can visit your GP to discuss concerns about your sleep. Your doctor will likely ask you several questions to see if you need a sleep study before providing a referral. Download the Seer Medical referral form to print out and bring to your appointment. The referral form contains the relevant questions your doctor will ask you.

### What is the wait time to have a home sleep study?

Currently, the wait time for a sleep study with Seer Medical is 1-2 weeks. Wait times can vary and new appointments do become available. If there is an urgent need, we will do our best to fit you in sooner. Results will be sent to your referring doctor within five (5) business days.

**Is Seer Medical's sleep study covered by Medicare/how much does it cost?**

Seer Medical is a mixed billing service. There is an out-of-pocket fee for the services provided. In some cases, Medicare rebates and fee exemptions may be available.

For more information, please visit [www.seermedical.com/fees](http://www.seermedical.com/fees)

## What to expect – before, during, and after

**How does it work?**

On the day of your appointment, you will come into the Seer Medical clinic to be fitted with a sleep system. During this appointment, a clinical staff member will place electrodes on your head, face, chest, and legs. 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. In the morning, you'll remove the electrodes and equipment at home. You will then head back to the Seer Medical clinic to return the sleep study equipment.

**What do I need to do before arriving at my appointment?**

There are a few things you should do to prepare for your appointment:

- Electrodes will be attached to your scalp, so arrive with clean, dry hair
- Bring or wear a comfortable shirt and pants that you can sleep in as you won't be able to change after you are connected to the sleep system (preferably loose fitting and not thick – please avoid hoodies, thick jumpers, and leggings)
- Plan to drive yourself or be driven to and from the appointments
- Plan out your night by having dinner prepared and clear out your schedule for a comfortable, relaxed night

**What can I do during my sleep study?**

We recommend that you carry on with your routine as usual. If you normally have alcohol with your meal, do so. Go to bed at your usual time and take any medications you normally take. We do ask that you avoid having more than your usual amount of caffeine within four (4) hours of going to sleep.

**What happens if I don't sleep during the study?**

While none of the equipment is painful, some people do find it to be uncomfortable and restrictive. However, almost everyone having a sleep study does get sleep – often more than they expect. If you don't sleep at all during the study, you may need to have the study repeated.

**What do I need to do in the morning after my sleep study?**

The following morning you will be able to start the self-disconnection process and remove the electrodes on your body. Instructions will be provided to you at your first appointment. From there, you just need to fill out the questionnaire in the handbook provided before coming back to the Seer Medical clinic to return the equipment.

**When should I expect to receive my 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 referring doctor at least one (1) week after the end of your test.

**Do you sell sleep treatments like CPAP?**

No. Seer Medical does not sell any products or services related to the treatment or management of sleep disorders. Our focus is on thorough testing and accurate reporting to ensure your doctor gets objective results to confidently inform decisions on the treatment and management of your condition.