



★ 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

Your appointment details

We look forward to seeing you at your appointment.

Fees

If you have a valid Medicare card, Medicare may cover a portion of the test fee. Our bookings team will be in contact to coordinate the payment process before your appointment.

The Medicare rebate is subject to change. For more information, please visit www.seermedical.com/fees

Need to make changes to your appointment?

Call 1300 869 888, Option 2

NON-ATTENDANCE AND CANCELLATION POLICY

At Seer Medical, we aim to ensure that all of our patients have access to timely monitoring.

- We require two (2) business days notice prior to your scheduled appointment if you need to change or cancel your appointment. This will ensure that other patients have the opportunity to access that scheduled time.
- A \$100 fee will apply for non-attendance or late cancellation. This fee is not claimable under Medicare or private health cover.
- Changes to appointments or cancellations must be made by phone by speaking directly to a team member. Please do not email or text us to change your appointment. For the avoidance of doubt, any notice left by voicemail outside of Seer Medical's stated operating hours or on Public Holidays will be considered to have been received at the start of the next business day.
- You will not be able to reschedule with us until your cancellation fee is paid.
- If there are any circumstances beyond your control which may prevent you from providing the requested notice period for changes or cancellations, please let us know as soon as possible.