

WHAT DOES IT COST?

Active Health Patients	\$80
Active Health patients with concession cards	\$50
Non Active Health patients	\$120
Non active Health patients with concession cards	\$80

APPOINTMENTS

Pick up and education	
Drop off and check in	
Follow up with GP:	

FOR MORE INFO

Phone: 03 4504 2515

Email: reception@activehealthportland.com.au



AT HOME SLEEP STUDY

WHAT IS IT AND WHY DO I NEED IT?

An at-home sleep study is a simplified, doctor-prescribed test that monitors breathing, oxygen levels, and respiratory effort while you sleep to detect sleep apnea, within your home environment.

WHAT TO EXPECT

During the appointment with the nurse, they will go through the steps to arrange the equipment, as you will need to set up the equipment yourself at home. The nurse will answer any questions you may have about the testing. The equipment will have ECG sticky dots, nasal prongs, oxygen finger probe and wires that all will need to be attached to you. When you are ready to sleep (at your normal time) you will attach the sensors to your body as instructed. If the sticky dots, nasal prongs or probe comes off please re-stick them to the best of your ability to get the best possible reading. It is okay if one comes off for a brief period. Don't unplug the wires from the machine. Be aware that if the machine is removed during the night you will interrupt the data collection which will result in inaccurate or unreadable results and will still be charged.

WHAT DO I NEED TO DO TO PREPARE?

Before your appointment don't use creams, oils or makeup on your face, neck or chest prior to the sleep study as the adhesives may not stick as effectively. Also remove any nail polish or fake nails from at least one finger to ensure accurate oxygen monitoring (preferably pointer or middle finger).

THE MORNING AFTER

In the morning carefully remove the sensors from your body. Any adhesive tape or dots can be discarded. Pack everything else back into the carry case and return to the clinic at your appointment time.

