



Home Sleep Study Information Sheet

What is a home sleep study?

As the name suggests, a home sleep test is a test conducted inside the patient's home to monitor their sleeping patterns and diagnose potential sleeping disorders. The test is performed by the patient using specific testing equipment provided by a sleep clinic, the results of which are then assessed by sleep experts to determine the presence of any sleep disorders.

Why would I be assigned a home sleep study?

If a doctor assigns you for a home sleep test it means

- You have a high probability of moderate to severe Obstructive Sleep Apnoea (OSA), where the best results for diagnosis are yielded when you are sleeping in your usual environment

How does a home sleep study work?

When you are prescribed a home sleep study, the following occurs.

- You attend an appointment at Active Health to obtain the technology you will use to monitor your own sleep, as well as be briefed on how to use it
- That night, you will wear said technology as you sleep, and it will collect data based on your sleeping patterns
- The next day, you return the technology to the clinic. They will then download the data from the equipment and send it to their sleep physicians for analysis
- From there, a diagnosis can be made

Home Sleep Tests vs Attended Sleep Tests

There are differences between a home sleep test and an attended lab sleep test. Some of these include:

- The number of measured variables, as attended lab studies are more comprehensive and can give a more complete picture of a patient's sleep habits.
- The attendance of sleep technicians, as home sleep tests require sleep technicians to respond to data procured by the patient, whereas attended lab tests involve the sleep technicians monitoring the patient in real time.
- The location of the test. Many find it easier to conduct the test in their own home, as it is easier for them to sleep in that environment than at a sleep laboratory.
- It is important to consult your doctor to find out which test is best suited to your needs.

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What does a home sleep study measure?

A home sleep study measures many of the body's physiological activities while sleeping. These signals are recorded to identify the different stages of sleep, as well as how the body responds during the night. The result of a home sleep study is the complex monitoring and recording of the following to determine whether there is a sleep disorder present that requires treatment.

Breathing: Obstructive Sleep Apnoea (OSA) causes reduced breathing during sleep due to airway blockages, resulting in a lower respiratory rate. This can lead to health complications, highlighting the need for a home sleep study to diagnose OSA.

Oxygen Levels: OSA leads to lower blood oxygen levels, which can be assessed using Pulse Oximetry. Normal oxygen levels range from 95%-100%, while levels below 90% may indicate disruptions or other health issues requiring further investigation.

Leg Movements: Leg jerking during sleep can signal underlying health problems, including OSA. Monitoring leg movements during sleep is essential for identifying potential issues.

Brain Wave Activity: Brain wave activity reflects sleep stages, and disruptions may indicate Central Sleep Apnoea (CSA), which occurs when the brain fails to send proper signals to regulate breathing. CSA can cause fatigue and cardiovascular issues, so monitoring brain waves is critical for diagnosis.

Eye Movements: REM sleep is a vital stage for brain activity, memory, and emotional processing. Monitoring eye movements ensures effective REM sleep, which is crucial for overall health.

Heart Rate: Sleep typically slows heart rate, with an increase during REM sleep. Monitoring heart rate is important because sleep disorders like OSA are linked to a higher risk of cardiovascular disease.