RSCM
RESPIRATORY SLEEP AND COMPREHENSIVE INTERNAL MEDICINE

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Level 1 Sleep Study (In-Lab) Patient Information Sheet

What is a Level 1 Sleep Study?

A Level 1 sleep study is a comprehensive overnight sleep assessment conducted in a supervised clinical setting at RSCM in Phillip, ACT. The study monitors your sleep patterns, breathing, oxygen levels, heart rate, and body movements to help diagnose sleep disorders such as sleep apnoea, parasomnias or other sleep disorders. The study is also used to assess treatment efficacy.

About the NOX Device

Your sleep study will use the NOX A1 with the NOX C1 device, a state-of-the-art sleep monitoring system. This device records:

- **Brain waves (EEG)** – to identify sleep stages
- **Eye movements (EOG)** – to detect REM sleep
- **Muscle activity (EMG)** – to monitor muscle tone
- **Heart rate and rhythm (ECG)**
- **Breathing patterns** – through nasal airflow sensors
- **Oxygen saturation** – via a finger probe
- **Chest and abdominal movement** – using respiratory belts
- **Body position** – to assess positional sleep apnoea
- **Snoring sounds**

Other devices may also be used during the sleep study such **as CPAP or non-invasive ventilators, oxygen concentrators or transcutaneous CO2 monitors** depending on the type of sleep study requested by your Sleep Physician**.**

Preparing for Your Sleep Study

Before Your Appointment:

- **Confirm your appointment** at least 48 hours before the appointed time. If you need to cancel your appointment and do not give 48 hours of notice or you do not show up to your scheduled appointment, you will lose your deposit. **Full payment is required at the time of the sleep study.**

- **Wash your hair** 24 hours before the study (do not use conditioner, hairspray, gel, or oils as these interfere with electrode placement). Ensure your hair is dry before the appointment.
- Maintain your normal sleep routine where possible.
- **Avoid caffeine** after 2:00 PM (coffee, tea, cola, chocolate, energy drinks)
- **Avoid alcohol** on the day of your study
- **Have a light dinner** before attending your sleep study appointment
- **Continue taking your regular medications** unless instructed otherwise by your doctor. **Bring your evening medications if you take any medications in the evening.**
- **Wear comfortable sleepwear** (two-piece pyjamas work best). Please note underwear alone is not suitable
- **Bring your Medicare card and a list of your current medications.**
- **Bring your CPAP device or ventilator with your mask** if you are already using one.
- **Bring your mandibular advancement splint** with all the components including tools to adjust your splint if the study is to assess the treatment efficacy of your splint.
- **Bring a book or iPad** for entertainment**.** Television is not available in the sleep study rooms.
- Pillows and blankets are supplied, but you can bring your favourite pillow and doona if you wish.
- If you wish to have a shower before leaving in the morning, please bring a towel and toiletries as well as a change of clothes.

What NOT to do:

- Do not nap on the day of your study
- Do not wear nail polish or gel nails (interferes with oxygen monitoring)
- Do not wear any makeup or use creams or moisturisers on your face, neck or collarbones.
- Avoid heavy meals close to bedtime

What to Expect During Your Study

Arrival (approximately 6:30-7:00 PM):

You will arrive at RSCM where a trained sleep technologist will greet you and show you to your private sleep study room with a comfortable double bed for the setup of your sleep study. **The building is locked after 6pm, please call our after-hours number 0401 766 087 to gain entry.**

Setup Process (approximately 45-60 minutes):

You will be asked to fill out some questionnaires before the sleep study. If you have not been to RSCM before, you will also need to have a valid referral from a medical practitioner to claim a Medicare Rebate for the sleep study. **Full payment of sleep study fee is required at the time of the sleep study.**

The technologist will attach the NOX A1 sensors using:

- Small electrodes on your scalp, face, and chest (attached with conductive paste and tape)
- Elastic belts around your chest and abdomen
- A small probe on your finger
- A nasal cannula (small tube under your nose)
- Small electrodes on your legs

The setup process is painless, though some people find it slightly uncomfortable. You will be able to move and adjust position during sleep.

Once your setup process is complete, you may read a book or watch a movie on your iPad until you are ready to sleep.

During the Night:

- A technologist will monitor your study throughout the night in an adjacent room.
- You can use the bathroom during the night (notify the staff by pressing the buzzer)
- If the sensor becomes loose, the technologist will reattach them.
- The study typically ends between 6:00 to 6:30 AM

Morning Departure:

- The technologist will remove all sensors, and you'll be free to leave. You can wash your hair to remove any remaining adhesive (baby oil can help).

After Your Study

- Your sleep study data will be analysed by a qualified sleep scientist and then reviewed by a qualified sleep physician.
- Results are typically available within 2-4 weeks and please book an appointment with your Sleep Physician to discuss the results.
- Your referring doctor will also receive a detailed report.

Important Information

Medicare Rebate: Level 1 sleep studies are eligible for Medicare rebates when referred by a medical practitioner. Please bring your Medicare card and referral letter. Medicare rebate can only be claimed after the sleep study has been reported by your Sleep Physician and this may take up to 4 weeks.

Cancellations: If you need to cancel or reschedule, please provide at least 48 hours' notice. Late cancellations will result in loss of deposit.

Contact Information

If you have questions before your appointment or need to reschedule:

- **Phone:** 02 6166 1133
- **Hours:** 08:30 to 17:00 hrs Monday-Friday
- **After-hours contact on day of sleep study: 0401 766 087**
- **Email:** Reception@rscm.com.au

Frequently Asked Questions

Will I be able to sleep with all the equipment?
Most patients do sleep, though it may take longer than usual. Even if you don't sleep as well as you normally do, we usually get sufficient data to make a diagnosis.

Can I bring someone with me?
It is not possible to have a support person stay with you during the sleep study due to space limitations. If you require a carer to stay overnight to provide assistance, please discuss with your Sleep Physician and a sleep study may be arranged at the Canberra Hospital.

Is the test painful?
No, the test is not painful. Some patients find the sensors mildly uncomfortable initially, but most adjust quickly.

Can I take sleeping tablets?
Please discuss this with your referring doctor. In some cases, sleeping medications may affect test results.

This information sheet is for general guidance only. Please discuss any specific concerns with your Sleep Physician or our Friendly Sleep Technologists.