RSCM
RESPIRATORY SLEEP AND COMPREHENSIVE INTERNAL MEDICINE

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Overnight Level 1 sleep study followed by Multiple Sleep Latency Test (MSLT) Patient Information Sheet

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You have been scheduled for an overnight sleep study (polysomnography) followed by a daytime nap study (Multiple Sleep Latency Test) in a supervised clinical setting. This combined testing will help diagnose sleep disorders that cause excessive daytime sleepiness.

Important: This is a long procedure requiring 24 hours at our facility in Phillip, ACT. Please plan accordingly for work and personal commitments.

About the NOX Device

Your sleep study will use the NOX A1 with NOX C1 devices, 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 Study

Before Your Appointment:

- **Confirm your appointment** at least 14 days before the appointed time. If you need to cancel your appointment and do not give 14 days of notice or you do not show up to your scheduled appointment, you will lose your deposit. **Full payment is required 2 weeks prior to the study.**
- **Keep a sleep diary for 14 days before the study.** The staff at RSCM will send you the appropriate sleep diary template when you confirm the appointment.

- **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** for 24 hours before your study (coffee, tea, cola, chocolate, energy drinks)
- **Avoid alcohol** for 24 hours before 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 medications** if you need to take any medications. **Please discuss with your Sleep Physician at least 2 weeks before the scheduled test as some medications may affect the results of the test and may need to be stopped.**
- **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 using one.
- **Bring your mandibular advancement splint** if you are using a splint.
- **Bring a book or iPad** for entertainment**.** Television is not available in the sleep study rooms.
- **Bring a light lunch for the MSLT day.** Please make sure food and drinks do not contain caffeine.
- Pillows and blankets are supplied, but you can bring your favourite pillow and doona if you wish.
- If you wish to have a shower after the conclusion of the test, 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

The Evening Sleep Study

Arrival Time

Please arrive at **6:30 to 7:00 PM** to allow time for preparation.

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.

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 will need to use any treatment that you usually use to treat your sleep disorder
- 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.
- You will be woken between 6:00 to 7:00 AM in the morning.
- RSCM will provide a light breakfast of cereal and fruits. No caffeinated drinks will be provided.

The Daytime Study (MSLT)

Purpose

The MSLT measures how quickly you fall asleep in quiet situations during the day. This helps diagnose conditions like narcolepsy and evaluate daytime sleepiness.

What Happens

- **After the overnight study:** Sensors will be reapplied (fewer than overnight)
- **You will be asked to provide a urine sample for toxicology testing.** This is part of the normal protocol for MSLT. You may receive a separate invoice from Capital Pathology for the urine toxicology testing.
- **Five nap opportunities** will be scheduled approximately 2 hours apart, starting 2 hours after end of the night sleep.
- **Each nap session:**
    - You'll lie quietly in a darkened room and try to fall asleep
    - The nap lasts for 20 minutes (or until you are asleep for 15 minutes)
    - Between naps, you must stay awake and out of bed
- **During breaks between naps:**
    - You may read, watch a movie on your iPad, or do quiet activities
    - You may eat a light meal after the second nap session
    - You may smoke or vape on the day of the MSLT, but this will need to stop at least 30 minutes before each nap
    - **NO caffeine, exercise, or napping**
    - Stay on-site at RSCM throughout the study
- **Finish time:** Approximately **5:00-6:00 PM**

Important Guidelines for MSLT Day

- **Stay awake** between scheduled nap times
- Eat light meals (heavy meals will be provided)
- **No caffeine or stimulants**
- If you need pain relief, you can take paracetamol or ibuprofen, but codeine containing medications is not allowed
- Remain at RSCM throughout testing
- Bring activities to stay occupied between naps

After Your Study

- You may drive home after completion
- You can wash your hair to remove any remaining adhesive (baby oil can help).
- Resume normal activities
- Results will be analysed by a sleep scientist and reviewed by a sleep physician
- Your referring doctor will receive a report within 2-4 weeks
- **Please make an appointment to see your Sleep Physician to discuss the results**

Important Information

Medicare Rebate: MSLT 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 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 14 days' notice. Late cancellations will result in loss of deposit.

Contact Information

RSCM

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

- **Phone:** 02 6166 1133
- **Hours:** Monday-Friday, 8:30 AM - 5:00 PM
- **After-hours contact on day of sleep study: 0401 766 087**
- **Email:** Reception@rscm.com.au

This information sheet is a guide only. Please discuss any concerns with your Sleep Physician or our friendly Sleep Technologists.