RSCM
RESPIRATORY SLEEP AND COMPREHENSIVE INTERNAL MEDICINE

P (02) 6166 1133
E reception@rscm.com.au
Unit 5, Francis Chambers, 40 Corinna St
Phillip ACT

Level 2 (Home) Sleep Study Patient Information Sheet

What is a Level 2 Sleep Study?

A Level 2 sleep study is a comprehensive overnight sleep assessment conducted in your own home. This study monitors your sleep patterns, breathing, oxygen levels, heart rate, and body movements to help diagnose sleep disorders such as sleep apnoea.

About the NOX A1 Device

Your sleep study will use the NOX A1, a state-of-the-art portable 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**

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 on the day of the sleep study.**
- **Wash your hair** on the day of the study (do not use conditioner, hairspray, gel, or oils as these interfere with electrode placement)
- **Avoid caffeine** after 2:00 PM (coffee, tea, cola, chocolate, energy drinks)
- **Avoid alcohol** on the day of your study
- **Continue taking your regular medications** unless instructed otherwise by your doctor
- **Wear comfortable sleepwear top** (two-piece pyjamas work best)
- **Bring your Medicare card and a list of your current medications**

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 (as assigned by appointment):

You will arrive at RSCM where a trained sleep technologist will greet you and show you to your private clinic room for the setup of your sleep study. **If the building is locked, 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 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 will return to your own home and sleep in your own bed. The NOX A1 device will start recording at around 8pm. If you live more than 60 minutes away from RSCM, it is helpful to have someone drive you to the setup appointment.

During the Night:

- You may read, watch TV, or relax after the setup until you're ready to sleep
- Make sure you note the time you turned off the lights
- You can use the bathroom during the night
- After waking up, take note of the time you have turned the lights on (end of the sleep study).

- **Do not remove the sensors in the middle of the night** just because you have difficulty falling asleep. Medicare regulations require a recording of 8 hours to claim the rebate.

Morning After the Sleep Study:

You will carefully remove all the sensors and return all the electrodes, cables and belts with the NOX A1 device in the carry bag. You can wash your hair to remove any remaining adhesive (baby oil can help). The sensors, cables, belts and the NOX A1 device need to be returned to RSCM between 8am and 11am.

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 2 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:** 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 for general guidance only. Please discuss any specific concerns with your Sleep Physician or our friendly Sleep Technologists.

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?
You can bring a support person with you, but they may have to stay in the waiting room while you are setup with the equipment due to space limitations.

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.