

Contact numbers

If you have any problems or questions before, during, or after the study, do not hesitate to call for assistance.

Sleep Clinic secretary: (01642) 282830
During office hours (9am - 5pm)

Sleep Unit: (01642) 282518 between 8.30pm and 6am Monday to Thursday.

Comments, compliments, concerns or complaints

South Tees Hospitals NHS Foundation Trust is concerned about the quality of care you receive and strives to maintain high standards of health care.

However we do appreciate that there may be an occasion where you, or your family, feel dissatisfied with the standard of service you receive. Please do not hesitate to tell us about your concerns as this helps us to learn from your experience and to improve services for future patients.

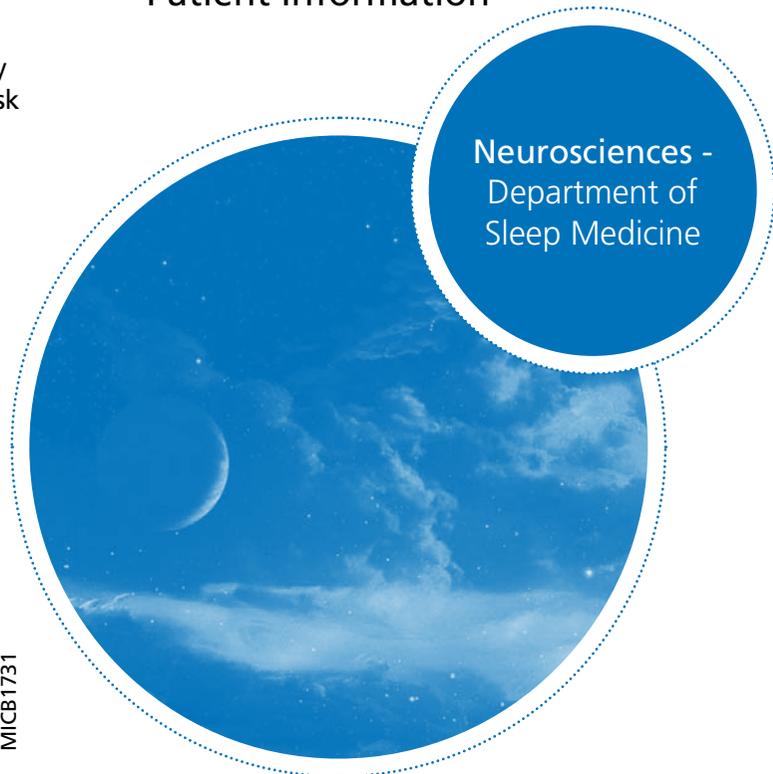
Patient Advice and Liaison Service (PALS)

This service aims to advise and support patients, families and carers and help sort out problems quickly on your behalf.

This service is available, and based, at The James Cook University Hospital but also covers the Friarage Hospital in Northallerton, our community hospitals and community health services. Please ask a member of staff for further information.

In-Patient Sleep Study (Adult)

Patient Information



Neurosciences -
Department of
Sleep Medicine

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What is a sleep study?

This is an overnight investigation of your sleep and breathing.

A technologist will explain the procedure and attach the recording equipment.

Where does the study take place?

You will sleep in a specially equipped side room on ward 9, which is on the second floor near to north reception. The study is overnight only and you will be discharged by 7.30am.

You should bring pyjamas or a nightshirt with you to wear. All equipment will be attached over clothes, on your finger, leg or face and head as necessary.

Please bring all medications with you, including your CPAP machine if you are already on CPAP.

Your sleep will be recorded on video for analysis and a member of staff will be monitoring you through the night.

What information is recorded?

- 1) Pulse rate via a probe attached to your finger which also measures oxygen levels in your blood via pulse oximetry.
- 2) Chest and abdominal movements during breathing via stretch bands around your chest and abdomen. This shows if your breathing is obstructed or if there are pauses in your breathing during your sleep.
- 3) Airflow - via small soft plastic tubes that fit just inside your nostril. They also record your snoring.
- 4) Leg movements - via sensors attached to your legs.
- 5) Body position - and overall movements via a video camera and / or position monitor.
- 6) Sleep staging - via small sensors attached to your face and scalp (this is not always necessary).

If you have any problems or questions during the study do not hesitate to ask.



What happens after the sleep study?

All information will be stored securely and analysed by a clinical physiologist.

You will then either:

1. Receive a letter through the post with the results
2. Receive a telephone call from a specialist nurse
3. Receive an appointment for the consultant clinic