

Why do I need this test?

This test is used to monitor your breathing, heart rate, and body movements while you sleep. Your doctor may recommend this test for the following reasons:

- Witnessed apnoea or choking
- Regular fatigue, sleepiness or loud snoring
- Cardiovascular risk factors such as a high BMI or high blood pressure



What can I expect during the test?

The test takes roughly 15 minutes

The monitor is fitted around your chest, over your clothes

Electrodes are attached on your face, neck, chest and dominant leg

Clear plastic tubing is connected to your nose.

An oximeter clip is placed on your finger to measure oxygen levels

You are required to go home and sleep with the monitor on

In the morning, fill out the questionnaire provided.

Carefully remove the monitor and return everything in the bag to the clinic

What are the risks of the test?

You may experience some discomfort from sleeping with the monitor on, or some slight redness or irritation from the preparation of your skin

How do I prepare for the test?



Do not use any cream, moisturiser or make-up



Wear loose comfortable sleep clothes to the appointment



Remove any nail polish on fingers



Shower at home **before** coming in



Public transport is **not** advised



Please bring a \$50 security deposit (in case the monitor is returned late or has been damaged). This is refunded when the monitor is returned to the clinic