



Slaaponderzoek - Engels

Sleep study - sleep polygraphy

This sleep study allows us to see if and when you have breathing pauses (known as apnoea) while you sleep. Any snoring is also recorded. This study poses no risks or side effects for you.

Appointment/city or town

Day:

Date:

Time:

City/town: Hoofddorp Haarlem Zuid

The study is conducted at the poli longgeneeskunde (Pulmonology Outpatient Clinic).

What are the necessary preparations?

- **BRING A T-SHIRT** to sleep in at home tonight. The monitoring equipment straps will be attached to your T-shirt.
- Are you wearing nail polish or artificial nails? Please remove these from two nails for the study.
- Bring a loose-fitting jumper, cardigan or jacket. After the monitoring equipment has been attached, pull on this loose-fitting garment over your T-shirt.

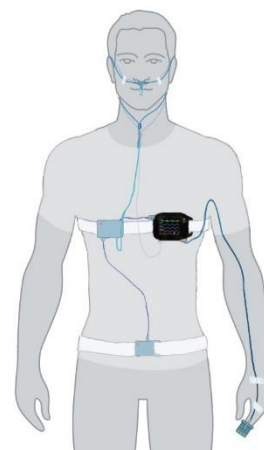
- Do you use an MRA (Mandibular Repositioning Appliance), an SPT (Sleep Position Trainer) or a CPAP machine (Continuous Positive Airway Pressure)? If so, your doctor or the sleep apnoea nurse* will discuss with you whether you need to use it during the study. Will you be sleeping with a CPAP machine? Please bring it with you when the equipment is being set up.

What happens during the sleep study?

The study will take place at your home, but the monitoring equipment will be set up at Spaarne Gasthuis. Sensors will be fastened onto your T-shirt. Below, you will read which sensors they are and why you are receiving them. It will take about 20 minutes to set up these sensors.

You will receive:

- Two stretchy straps over your T-shirt: one around your chest and one around your abdomen. These straps measure chest and abdominal breathing. The straps are kept in place by a mesh shirt.
- A pulse oximeter. This is a small device for your finger that measures your oxygen levels and heart rate.
- A nasal cannula in your nose. This cannula measures your breathing and records whether you snore.
- A white case. You will place the monitoring equipment in this the next day.



Loan agreement for equipment

You will take the equipment home from the hospital. You will need to sign a loan agreement to take this equipment home.

Home

You can walk around and sleep with the sensors on. For the best results from this study, it is crucial that the equipment stays in place and does not come loose.

Guidelines for when you are home

- The equipment may not get wet. So, you cannot take a shower.
- You may not exercise.
- No one should touch the equipment.
- Did you accidentally press the power button? That is okay. The screen will then turn on or off. The measuring will continue as usual.

Going to sleep

Before going to bed, insert the nasal cannula into your nose and place the pulse oximeter on your finger. Secure both of these using the adhesive strips provided. The device will begin recording automatically. It will also stop recording automatically in the morning. So, you won't need to turn anything on or off.

The next morning

After you get up, you may tear off the mesh shirt and throw it in the rubbish bin. Then, detach the straps using the press studs. **Do not use scissors.** If you use scissors, you might cut through the wires. Leave the wires attached to the device. Place everything in the white case.

Returning the equipment

Be sure to return the equipment to the location where it was set up by 11:00 am. If you receive the equipment on a Friday, return it before 11:00 am on Monday. Someone else may also return the equipment for you. It only takes a few minutes to return the equipment. Will you come by car when returning the equipment? In Hoofddorp, you can park in the blue zone for free for up to 15 minutes. If you park in the car park at Haarlem Zuid for less than 15 minutes, this will also be free of charge.

Appointment for the results

You will receive a telephone call two to three weeks after your sleep study. You will get an appointment at the outpatient clinic to see the specialist. Please provide your **(mobile) phone number** so we are able to reach you.

Results

The specialist will discuss the results of the sleep study with you. She or he will also discuss possible treatment options with you. Please be aware that you may need appointments with multiple specialists. This depends on the results of the sleep study. The appointment(s) will last for approximately 2 hours.

Questions and telephone numbers

It is important that you receive clear and accurate information. After reading this information and talking to your doctor/nurse specialist or the sleep apnoea nurse, do you have any questions? Do not hesitate to ask your questions! Write down your questions in advance so that you don't forget anything.

- Sleep/Snoring Clinic (Pulmonology Outpatient Clinic): (023) 224 0140.

*OSA stands for Obstructive Sleep Apnoea Syndrome; a sleep apnea nurse specialises in sleep and snoring issues.

Where are we located?

Haarlem Zuid

Boerhaavelaan 22
2035 RC Haarlem

(023) 224 0000

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Vondelweg 999
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