

Sleep Study Polygraphy



Respiratory & Sleep Physiology

patient**information**



The Rotherham
NHS Foundation Trust

Bring your medicines when you come into hospital

Prescription medicines

Medicines you have bought

Alternative & herbal medicines

Inhalers



Hearing about your experience of our services is very important as it means we can pass compliments on to our staff and make improvements where necessary. Tell us what you think by emailing us at: your.experience@nhs.net

Slovak

Slovensky

Ak vy alebo niekto koho poznáte potrebujete pomoc pri pochopení alebo čítaní tohto dokumentu, prosím kontaktujte nás na vyššie uvedenom čísle alebo nám pošlite e-mail.

Kurdish Sorani

کوردی سۆرانی

نەگەر تۆ یان کەسێک کە تۆ دەناسی پێویستی بەیارمەتی هەبێت بۆ نەوادی لەم بەلگەنامە بە تێبەگات یان بیخوێنێتەوه، تکایە پەیوەندیمان پێوه بکە لەسەر ناو ژمارەیهی سەروددا یان بەو نیمەنێمە.

Arabic

عربی

إذا كنت أنت أو أي شخص تعرفه بحاجة إلى مساعدة لفهم أو قراءة هذه الوثيقة، الرجاء الاتصال على الرقم اعلاه، أو مراسلتنا عبر البريد الإلكتروني

Urdu

اُردو

اگر آپ یا آپ کے جاننے والے کسی شخص کو اس دستاویز کو سمجھنے یا پڑھنے کیلئے مدد کی ضرورت ہے تو برائے مہربانی مندرجہ بالا نمبر پر ہم سے رابطہ کریں یا ہمیں ای میل کریں۔

Farsi

فارسی

اگر جناب عالی یا شخص دیگری که شما اورا می شناسید برای خواندن یا فهمیدن این مدارک نیاز به کمک دارد لطفاً با ما بوسیله شماره بالا یا ایمیل تماس حاصل فرمایید.

If you require this document in another language, large print, braille, audio or easyread format, please ask our healthcare providers*

*Note to healthcare providers:

Translated / easyread healthcare information can be sourced via the **Easyread websites** listed at the back of this leaflet or via contacting our translation service which can be accessed through the Hub.

Please read this information carefully before your appointment.

Your appointment letter will tell you the location, date, and time of your appointment.

Why do I need this test?

Polygraphy (sometimes referred to as Semi or Limited Polysomnography) is a type of sleep study, used to identify sleep related breathing problems. You may or may not have already had an overnight oximetry study, which monitors your oxygen level and pulse rate through your sleep. Polygraphy is a more detailed sleep test and will give us more information regarding your breathing during sleep.

Where does the test take place?

Most commonly, you will collect the equipment from the department, and perform the test at home in your own bed that night. Your appointment letter will tell you the location, date, and time of your appointment. You will be required to return the equipment for download the following morning at a time agreed with the Respiratory Physiologist or Healthcare Science Support Worker who issues you with the equipment.

Please take care of the equipment whilst on loan to you. It is essential that it is returned on time the following morning so that it can be processed and cleaned for the next patient.

If required, the test may be performed overnight in hospital. Please refer to your appointment letter, which will indicate if the study requires an overnight stay.

Sleep Study Polygraphy



What does the test measure?

Polygraphy will make several measurements during your sleep. These include;

- Airflow from your nose
- Chest and abdomen movement
- Oxygen levels
- Pulse rate
- Body movement
- Sound
- Video (in hospital only)



Polygraphy equipment

How do I set up the equipment?

At your appointment to collect the home polygraphy equipment, a Respiratory Physiologist will explain and demonstrate how to use it. There will also be step by step written instructions with picture guides to help you. Whilst the test is more detailed, it is relatively simple to set up.

If your test is to be performed overnight in hospital, you will have an appointment with a Physiologist to demonstrate the equipment prior to your study later that evening.

What happens with the results?

Your study will be downloaded and then analysed by a Respiratory Physiologist. Once analysed, a report will be written. If you have been referred by Pre Assessment Clinic (PAC), the report will be sent to the PAC nurses as soon as it is processed.

Sleep Study Polygraphy

Once the report has been processed, one of the following outcomes will occur;

- An appointment to discuss your results with one of the Respiratory team
- A letter informing you (and your referrer, e.g. GP) of the results
- Referral to another service (e.g. treatment for snoring)
- A repeat polygraphy appointment (e.g. if we do not have enough good quality data)

What if I cannot attend?

If you are unable to attend the appointment that has been arranged for you, please contact the department on 01709 424572 as soon as possible so that we can organise another appointment for you, and offer your appointment time to another patient on our waiting list.

What will happen if I do not want this test?

You can choose whether or not to have the tests, but if you do choose not to complete them, important information may be missed which may impact on receiving an accurate diagnosis and treatment.

How to contact us **Department of Respiratory** **& Sleep Physiology**

The Whiston Suite
C Level
The Rotherham NHS
Foundation Trust
Moorgate Road
Rotherham
S60 2UD

Telephone 01709 424572

(Mon to Fri, 8.30am - 4.30pm)

Email rgh-tr.medical.physics@nhs.net

Rotherham Hospital **Switchboard**

Telephone 01709 820000

Useful contact numbers

If it's not an emergency,
please consider using a
Pharmacy or call NHS 111
before going to A&E.

NHS 111 Service

Telephone 111

Health Info

Telephone 01709 427190

Quit Smoking Service

Telephone 01709 422444

UECC (A&E)

Telephone 01709 424455

For GP out of hours,
contact your surgery

Useful websites

www.therotherhamft.nhs.uk

www.nhs.uk

www.rotherhive.co.uk

Easyread websites

www.easyhealth.org.uk

www.friendlyresources.org.uk

www.easy-read-online.co.uk

We value your comments

If you have any comments
or concerns about the services
we have provided please
let us know, or alternatively
you can contact the
Patient Experience Team.

Patient Experience Team

D Level

Rotherham Hospital

Moorgate Road

Rotherham

S60 2UD

Telephone: 01709 424461

Monday to Friday

9.00am until 4.00pm

Email: your.experience@nhs.net



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