

Admission information

It is very important that you confirm your admission with the sleep study administrator as soon as possible by telephoning 020 7351 8984 (direct line).

Please let our administrator know if you have any other special needs such as use of a wheelchair, or if you need diabetic, kosher, vegetarian or other specially prepared meals.

Telephones

A coin-operated pay phone for outgoing and incoming calls can be found on Victoria Ward, near the sleep laboratories.

Mobile telephones

Mobile telephones and walkie-talkie radios cannot be used in the hospital as they may interfere with medical equipment. Visitors are asked to turn them off before arrival.

Smoking policy

Both smoking and passive smoking are extremely harmful and cause heart and lung disease. We are a no smoking hospital. Smoking is not permitted on the premises or in the grounds.

Parking

Royal Brompton Hospital is in a parking meter zone. A small pay and display car park is situated in front of Sydney Wing. Space here is limited and cannot be reserved or guaranteed.

We therefore recommend that you use public transport where possible. Limited parking for the disabled is available in Foulis Terrace, opposite Fulham Wing.

Useful contacts

If you would like further information about your sleep study, please contact the sleep study administrator by calling 020 7351 8984 or fax 020 7349 7764.

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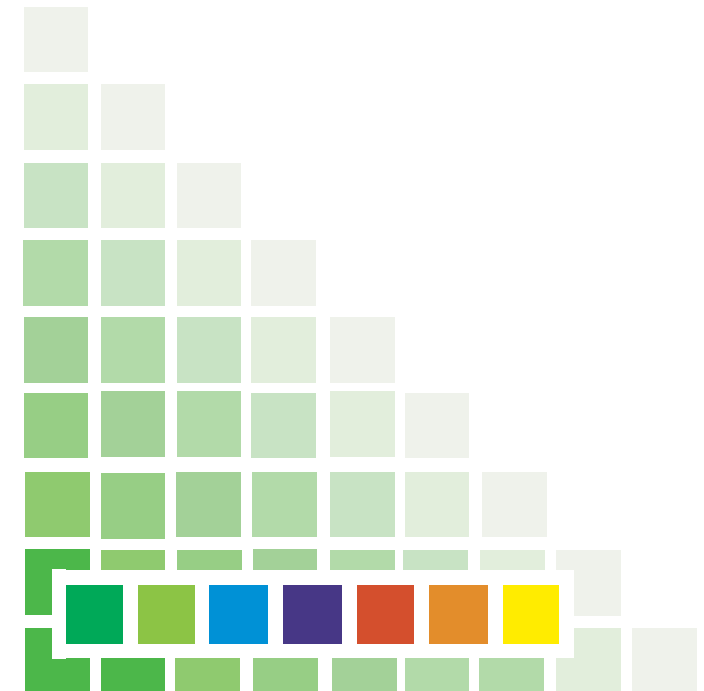
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Royal Brompton Hospital Your Sleep Study



Why do I need a sleep study?

When you are asleep your breathing can become weaker for several reasons, such as:

- If you snore heavily this may obstruct your airways and stop air from reaching your lungs. If this happens your breathing patterns may become irregular and affect your sleep quality, leading to daytime sleepiness. This condition is called 'obstructive sleep apnoea'.
- If you have chest problems such as chronic bronchitis, scoliosis or muscle disorders, your breathing may also become too shallow during sleep. If this happens your carbon dioxide levels will rise and your oxygen levels fall.

What is a sleep study?

The most common kind of sleep study is called a 'screening study'. In this study we make overnight recordings of:

- Your oxygen levels (by attaching a small clip to your finger)
- Your breathing (by taping a small sensor between your nose and upper lip)
- The movements of your chest and abdomen (velcro straps are used to hold small sensors in place).

Our technicians will attach the sensors to you before 10:00 p.m. and you can then go to sleep whenever you wish. While you are asleep the sensors will send information to a computer about your breathing patterns and oxygen levels. The sensors are removed the following morning at about 6:00 a.m.

If you have a chest problem we will record your oxygen level using a finger clip and your carbon dioxide level using a sensor pad strapped to your forearm.

All studies are completely painless and most people are able to enjoy a normal night's sleep.

A nurse will be on hand during your sleep study.

Where will I have my sleep study?

Your sleep study will take place in one of our sleep study rooms on Victoria Ward, 2nd Floor, Fulham Wing. The ward can be reached by lift.

On arrival you will be met by a nurse who will help you settle in and will go through some initial tests with you.

How long does a sleep study take?

An overnight stay is all that is needed. Before you come into hospital you will be given a time to arrive on the ward.

Generally you will be asked to arrive during the afternoon so that the doctors can discuss your symptoms with you. You will normally be free to leave at about 10:00 a.m. the next day.

What do I need to bring with me?

All you need for your overnight stay is:

- nightwear
- washing kit
- towel
- reading material (if desired).

Valuables

Please do not bring jewellery, valuables or large sums of money with you. We cannot accept responsibility for any loss or damage to your personal property.

Meals

An evening meal is provided in your room at 6:00 p.m. and breakfast is provided the following morning.

When will I know the results?

Before you leave to go home your doctor will discuss the results of your study with you and any possible treatments.