

# Home sleep study using WatchPAT device

Department of Sleep Disorders

Information for Patients

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## Introduction

You have been referred to the Sleep Disorders Department for a home sleep study.

A WatchPAT device monitors your sleep and records data which can then be used to make a diagnosis and decide what treatment you may need.

You will be given an afternoon appointment to attend a group session. You will then be given some equipment to wear overnight. You will need to return the equipment by 10am the next day (if your appointment is on a Friday, please return before 10am on Monday).

**If you are not able to return the equipment the next day, please let us know so that we can give you another appointment date.**

## What to do before you arrive

You will need to remove any nail polish or false nails before coming to your appointment. We will need to put a small device (oximeter) on one of your fingers. This measures your oxygen levels and pulse during the night; the reading will not register if your nails are painted or if you have false nails on.

For some patients this equipment may not be suitable and we will offer you an alternative.

## On the day of your study

Use the entrance near Maternity Reception at Leicester General Hospital. Go to the lower ground floor and follow signs to the Sleep Laboratory.

A technician will talk to you about how to use the equipment and how to set it up. This will be done in a group session. You will have to fit the device by yourself at home, as shown by the technician during this session.

**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

Visit [www.leicestershospitals.nhs.uk](http://www.leicestershospitals.nhs.uk) for maps and information about visiting Leicester's Hospitals  
To give feedback about this information sheet, contact [InformationForPatients@uhl-tr.nhs.uk](mailto:InformationForPatients@uhl-tr.nhs.uk)

**Your technician could be male or female depending on staff availability. If you are worried about this, please let us know before your appointment date.**

## What equipment will be fitted?

The equipment will fit on your wrist like a watch, in order to test your breathing. You will need to wear the device whilst asleep throughout the whole night. As well as the equipment on your wrist you will need to wear a finger monitor and a small pad on your chest. This will record your heart rate, oxygen levels, snoring and total sleep time. All the equipment is placed on the surface of your skin and will not hurt you in anyway.

The device is simple to set up, and as well as the instructions on the day a set of step by step instructions will also be inside the equipment's bag that you can refer to.

## Returning the equipment

When you get up on the following morning, you can take off all of the equipment. **Please return it in the bag provided to Maternity Reception at Leicester General Hospital, before 10am.**

## What happens next?

Once you have returned the equipment, we will make you an appointment with a consultant to discuss the results of your overnight test.

## Contact details

If you have any questions or would like further information please telephone us on 0116 258 8106 or 258 8262.



اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔  
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

**If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email [equality@uhl-tr.nhs.uk](mailto:equality@uhl-tr.nhs.uk)**