

# Home sleep study using MPR 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. This study 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 where you will 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.

## 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. It can be fitted in the clinic or at home if you prefer to do this yourself before going to bed. If you ask the technician to fit the equipment you will need to take off your outer clothing above the waist. Please wear loose clothing so that the equipment can fit underneath.

**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 is designed to measure your breathing throughout the night. You will have a belt placed around your middle, which will hold a small recording device in place. Another 2 bands are placed around your chest and waist. You will be shown how to position an airflow monitor under your nose. This will monitor the airflow through your nose, and will also tell us if you are holding your breath during sleep throughout the night. You will be shown how to attach a pulse oximeter to your finger which will monitor your heart rate and tell us how much oxygen is in your blood. You will be asked to attach both the airflow monitor and the pulse oximeter to yourself just before you go to bed.

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.

All the equipment is placed on the surface of your skin and will not hurt you in anyway. It will not affect your ability to drive yourself home from the appointment.

## Returning the equipment

When you get up on the following morning, you can remove 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 0116 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)**