

Home sleep study using NOX device

Respiratory Physiology Unit

Information for Patients

Produced: May 2023

Review: May 2026

Leaflet number: 1391 Version: 1

Introduction

You have been referred to the respiratory department for a home sleep study. This monitors your oxygen levels and breathing patterns whilst you are asleep. The study is simple to do and is painless. During your appointment, you will be given some equipment to wear overnight at home. You will be shown how to wear it. The appointment should take about 15 minutes. You will need to return the equipment by 11am the next day.

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.

On the day of your study

A small probe is put on 1 of your fingers to measure oxygen levels and heart rate during the night. You need to remove any nail polish or false nails **before** your appointment.

Please do not drink alcohol on the day of your appointment as this can affect the test results.

Your appointment will be in the Respiratory Physiology Unit. This is based at the south entrance of Glenfield hospital. This test is to be done at home, **not** in the hospital.

What equipment will be fitted?

When you come for your appointment, a technician will show you how to use the equipment. You will need to wear the equipment whilst asleep during the whole night. It will be programmed to record automatically between 11pm and 7am. If your sleep pattern is significantly different to this, the recording time will be altered at your appointment.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit 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

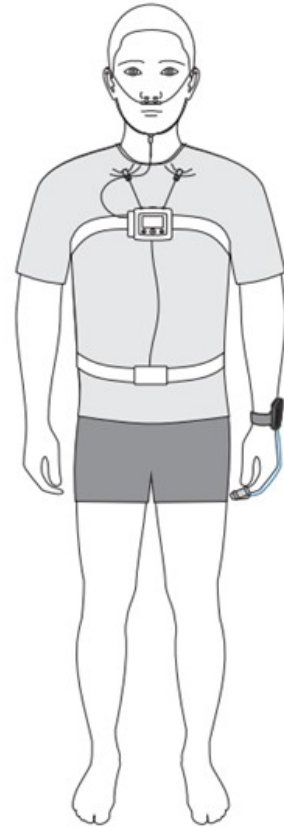
The equipment will consist of:

- A band placed around your chest. This will hold a small recording device in place
- Another band around your stomach
- An airflow monitor under your nose
- A device around your wrist which is attached to a probe on your finger.

Written instructions will be given at your appointment. There are video instructions which can be found on the internet by searching: [ResMed.com/NoxT3hookup](https://www.resmed.com/NoxT3hookup)

Please be aware that the device has a microphone which will record all sounds between 11pm and 7am.

NOX-T3®



The morning after your sleep study

The equipment can be taken off when you wake up the next morning. The bands, wrist strap and nasal tubing can be disposed of. The electronic monitors will need to be returned in the box provided, along with the paperwork, by 11am to the respiratory physiology unit.

What happens next?

Once the equipment is returned, the data will be downloaded and analysed. The results will then be sent back to the consultant who referred you. You will get an appointment in clinic to explain the results of the test and talk about any treatment options.

Contact details

If you have any questions or would like any more information, please phone: 0116 258 3420

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

જે કુર્મીં દિગ જાજવારી કિમે જેર જામા જિગ જાગુંદે જે, જાં જિગખા વરજે જેઠાં જિંજે ગદે નંબર 'જે ટેલીફોન વરજે।
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