

Home sleep study using WatchPAT device

Department of Sleep Disorders

Last reviewed: December 2025

Next review: December 2028

Information for Patients

Leaflet number: 275 Version: 3

Introduction

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

A WatchPAT device monitors your sleep. It records data which we can use to make a diagnosis. This helps us decide what treatment you may need.

We will give you an afternoon appointment . We will give you some equipment to wear overnight. You will need to return the equipment by 9 am the next day. If your appointment is on a Friday, please return before 9 am on Monday.

If you cannot return the equipment the next day, please let us know. This is so we can give you another appointment date.

What to do before you arrive

You will need to remove any nail polish/gel 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 device cannot take readings if your nails are painted, false or too long.

For some patients this equipment may not be suitable. We will offer you a different one.

On the day of your study

Come to the Maternity Reception at Leicester General Hospital. Then go to the lower ground floor. Follow the signs to the Sleep Laboratory.

A physiologist will talk to you about how to use the equipment. They will tell you how to set it up. You will have to fit the device by yourself at home. You will need to do this the same as shown by the physiologist during your appointment.

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

Visit www.uhleicester.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact uhl-tr.informationforpatientsmailbox@nhs.net



Your physiologist 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. This will test your breathing. You will need to wear the device whilst asleep throughout the whole night. You will also 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 top of your skin. It will not hurt you in anyway.

The device is simple to set up. A set of step by step instructions will also be inside the equipment's bag that you can use.

Returning the equipment

When you get up on the next morning, you can take off all of the equipment. **Please return it in the bag provided to Maternity Reception at Leicester General Hospital, before 9 am.**

What happens next?

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

Contact details

If you have any questions or would like more information please call us on:

0116 258 8106 or 0116 258 8262

Or you can e-mail us: uhl-tr.sleepservicemailbox@nhs.net



اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغةٍ 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 uhl-tr.equalitymailbox@nhs.net