

# Home sleep study using MPR device

Department of Sleep Disorders

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Information for Patients

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## Introduction

You have been referred to the Sleep Disorders Department for a home sleep study. You will sleep in your home and have data recorded about your sleep. We will use this to help find out what the problem is. We will then look at the treatment you may need.

We will give you an afternoon appointment. You will collect 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 it before 9am on Monday. **If you cannot return the equipment the next day, please let us know. We will 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. This may not work 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. We can fit the equipment in the clinic for you. Or you can do it at home by 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.

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

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

Visit [www.uhleicester.nhs.uk](http://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](mailto:uhl-tr.informationforpatientsmailbox@nhs.net)



## What equipment will I wear?

The equipment will measure your breathing throughout the night. You will have a belt placed around your middle. This will hold a small recording device in place. Another 2 bands will be around your chest and waist. This will measure your breathing effort. We will show you how to position an airflow monitor under your nose. This will check the airflow through your nose. It will show if you have any pauses in your breathing during your sleep. We will show you how to attach a pulse oximeter to your finger. This will record your heart rate. It will tell us how much oxygen is in your blood. We will show you how to attach the airflow monitor and the pulse oximeter to yourself before you go to bed.

The device is simple to set up. We will show you how to put on the equipment during the appointment. You will get a step by step instructions guide with the equipment bag. This is for you to use at home.

All the equipment will be on the surface of your skin. It will not hurt you in anyway. You will be able to drive yourself home from the appointment.

## Returning the equipment

When you get up the next morning, you can remove all of the equipment. **Please return it in the bag given to you. Return it at the Maternity Reception at Leicester General Hospital. Or return it to the Sleep Department. Do this before 9 am.**

## What happens next?

After returning the equipment, we will make you an appointment. This will be with a consultant to talk about the results.

## Contact details

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

**0116 258 8106** or **0116 258 8262**,

or e-mail us at: [uhl-tr.sleepservicemailbox@nhs.net](mailto: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 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

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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](mailto:uhl-tr.equalitymailbox@nhs.net)