

Home sleep study using NOX device

Respiratory Physiology Unit

Information for Patients

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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.

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**

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To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

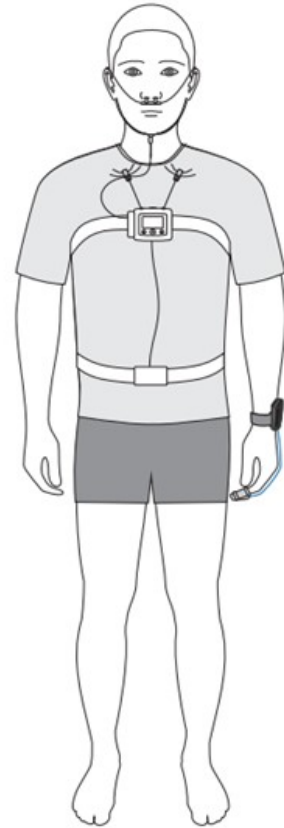
The equipment will consist of:

- 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 thrown away.

The electronic monitors need to be returned in the box provided, with the paperwork, by **11am** to the respiratory physiology unit. It is very important that these devices are returned on the agreed day, time and place so they can be used for other patients.

We will download and analyse the data after the equipment is returned. We will send the results 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

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