

Sleep Study

at Fundashon Mariadal



Fundashon Mariadal

Your medical specialist has requested a sleep study for you.

In this leaflet, you will read:

- What a sleep study is
- How the study is conducted
- How to prepare
- What to do after the study



What is a sleep study?

A sleep study – also known as a polygraphy or polysomnography – shows how your body functions while you sleep. It helps us assess whether you may have breathing issues or other sleep disorders.

The test is safe and painless

You will sleep at home, in your own bed

Where does the study take place?

You will visit Fundashon Mariadal in the afternoon.

A member of the sleep team will connect the monitoring equipment. This takes about 15 to 30 minutes.

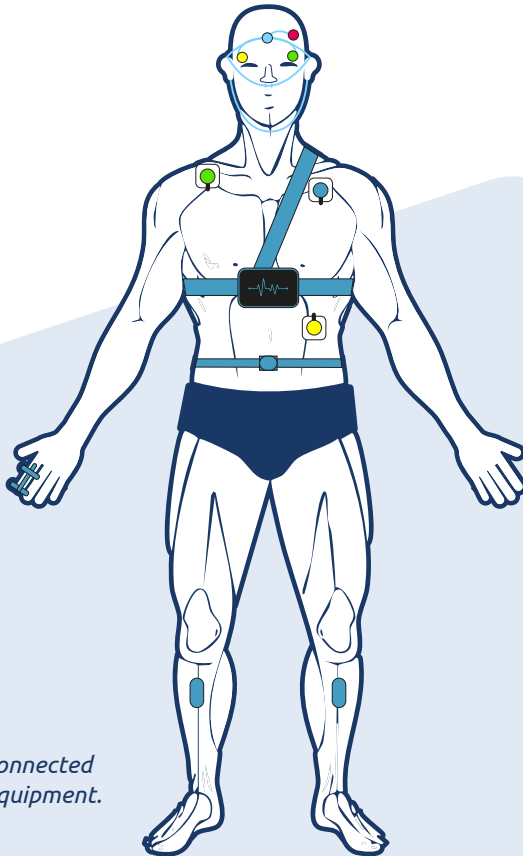
Afterwards, you return home with the equipment.

You can move around freely, but: Do not exercise or lift heavy objects.

Which equipment will be used?

The following components will be attached:

- A nasal cannula (to measure breathing)
- Bands around your chest and abdomen (to measure breathing and movement)
- A finger sensor (to measure blood oxygen levels)
- An electrode on your neck (to detect snoring)



*Image:
Example of connected
monitoring equipment.*

Additional electrodes may also be applied:

- On your head (to monitor brain activity – EEG)
- On your chest (to monitor heart rate – ECG)

All sensors are connected to a small recorder worn on your chest.

The recorder will start and stop automatically at the scheduled time.

You can turn and move during sleep as usual.

What is measured during your sleep?

- Your breathing
- Your blood oxygen level
- Your heart rate
- Whether you snore
- Your sleeping position

Sometimes also:

- Your sleep phases
- Leg movements
- ECG (heart rhythm)

Preparing for the sleep study

Good preparation is important.

On the day of your sleep study:

Before the study:

- ✓ Arrive at the specialist clinic reception at your scheduled time
- ✓ Maintain your usual daily routine (no naps)
- ✓ Shower before coming to the hospital
- ✗ Do not use body lotion
- ✗ Do not take any sleeping medication

Clothing advice: Wear sweatpants or athletic pants, and a loose-fitting T-shirt.

You will sleep in this T-shirt. The monitoring equipment is attached on top, and the shirt cannot be removed during the night.

After the study – the next morning

Once you are awake and no longer plan to sleep:

1. Carefully remove the equipment yourself
2. Shower if desired
3. Return the equipment to the hospital as early as possible, and no later than 10:00 AM

Return all equipment to the specialist clinic.

Questions or contact

If you have any questions, please don't hesitate to contact the specialist clinic:

Phone: +599 715 8900

(choose option 2 – Lung Clinic Assistant)

Email: specialistenpoli@fundashonmariadal.org

Care with attention

At Fundashon Mariadal, your health and your sleep are our priority. We guide you with love, professionalism, and care –
– *even while you sleep.*



Fundashon Mariadal

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