



PATIENT INFORMATION: SLEEP STUDY

PURPOSE

You have been assessed by your GP as being at moderate risk of having Obstructive Sleep Apnea and by taking a home sleep test we will be able to see if you do or don't have a sleep disorder.

PROCESS

Initial Appointment

You will need to make an appointment with one of the receptionists to see a MCA for the initial appointment. This appointment is for 30 mins and they will set up the ApneaLink Air machine with your details and run through how to apply the monitor when you go to sleep that night (you will be given a picture card).

You will also be given a Sleep Diary to fill out to return at your follow up appointment

There is also a video available at edensleep.co.nz with instructions to set the machine up if you need another reference at home

Follow up appointment

You will also need to make a follow up appointment for the next day for 15mins to return the machine and check that you have at least 4 hours of sleeping data recorded.

CARE OF THE MONITOR

Please wear the monitor over clothing and not directly onto skin

COST

The charge of the sleep service is \$195 (non refundable).

There is also a bond for \$250 that is refundable at your follow up appointment when the machine is satisfactorily returned.

You will be required to fill out a Bond form

The total cost to pay at your first visit is **\$445**

RESULTS

Your sleep report will take approximately 7 days to return and depending on the result you may then be referred to see a specialist