

# Thinking about a sleep study?

Approximately one in every five adults has Sleep Disordered Breathing. In Australia, that's more than 4.2 million people. Up to 80% of these are unaware of their condition and remain undiagnosed and untreated. Snoring and sleep apnoea often occur together.

### Your airway may:

- Narrow, limiting airflow as you breathe
- Vibrate, commonly heard as snoring
- Collapse, so you stop breathing



## Symptoms that may indicate Sleep Apnoea:

### Day-time symptoms

- < Falling asleep during routine activities
- Early morning headaches >
- < Poor concentration
- Daytime sleepiness >
- < Irritability

### Night-time symptoms

- < Loud persistent snoring
- Witnessed pauses in breathing >
- < Choking or gasping for air
- Frequent visits to the bathroom >
- < Restless sleep

### ...and if left untreated, may increase the risk of long term consequences of

- High blood pressure
- Heart failure
- Heart attack
- Abnormal heart rhythm
- Type II diabetes
- Stroke

## Bendigo Sleep Lab

Phone: 5447 8827 • Fax: 5447 0218  
 Email: info@bendigosleep.com.au  
 www.bendigosleep.com.au

Opening hours:  
 Tuesday - Thursday, 9am - 6pm  
 Friday, 9am - 2pm



### Payment Plans

At Bendigo Sleep Lab, we also understand CPAP therapy can be a considerable cost when it comes to purchasing equipment. We are the only CPAP provider in the area to offer payments plans over 18 months on CPAP equipment.

### Appointments

Date \_\_\_\_\_ Time \_\_\_\_\_

Date \_\_\_\_\_ Time \_\_\_\_\_

Please be aware any sleep study equipment is to be returned the following day.

# how do you SLEEP?



bendigosleeplab  
 sleep & snoring solutions

## What we do

Bendigo Sleep Lab specialises in home based sleep monitoring and professional treatments for a broad range of sleep problems such as Snoring, Sleep Apnoea, Circadian Rhythm Disorders and Insomnia. Bendigo Sleep Lab has been in operation since April 2009 and services in and around the Bendigo region.

Not only do we have telehealth consultations with our specialists, Dr Vikas Wadhwa and Dr Hamna Sahi, but we provide a cost-effective and efficient alternative to hospital-based sleep laboratories, which benefits both practitioners and patients. We also have qualified staff who offer ongoing support and friendly advice every step of the way.

**Bendigo Sleep Lab - celebrating a decade of happy sleeping!**



### Follow us

For interesting and up to date information on sleep medicine follow us on:

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## What is a sleep study?

A sleep study includes the recording and monitoring of bioelectric signals from various locations on the body. The electrodes on the head record brain waves [EEG], eye movements [EOG] and muscle activity [EMG] from the chin. Signals from the rest of the body include the recording of airflow from sensors placed under your nose and chest and abdominal respiratory movements by means of belts placed around your torso. Additional recordings include the electrocardiogram [ECG], Right and Left Anterior Tibialis (leg muscle) recordings and pulse oximetry from a sensor on your finger.

We advise that you do not drive to your appointment although, in some cases we understand that you have no choice. If so, we will make every effort that the equipment does not interfere with your driving.

### The timeline of the recording is typically as follows:

- Arrive at Bendigo Sleep Lab
- Electrode placement on body and all connections tested by a technician (usually 20-30mins)
- Return home

The day following the study, you may take all the equipment off yourself. You will be shown how at your set up appointment and also given written/photographic instructions.

All the equipment is to be placed into the bag you were given at the set-up appointment, and returned to the clinic before 10.00am. You personally do not have to return the equipment, a family member or a friend may return it. However, please be aware that you are liable for any damage to the equipment on the night of your sleep study.

If there was any issue with the recording (eg: Equipment did not record, or lack of data) Bendigo Sleep Lab will contact you within 24hrs to advise you a repeat study is needed. If adequate data was recorded Bendigo Sleep Lab will contact you within two (2) weeks to advise you the report has been sent to your referring physician. Bendigo Sleep Lab cannot advise you of any results over the phone, legally you need to see the referring physician for any results.

Once you have seen the referring physician if you have any queries regarding treatment options or specific details regarding your report, please contact Bendigo Sleep Lab and ask to speak with one of the sleep scientists.

### Glossary

EEG - Electroencephalograph, EOG - Electrooculogram  
EMG - Electromyogram

## Treatment options...



### Light therapy

Light therapy is used for body clock problems such as; sleepiness, feelings of sadness, jet lag symptoms, shift work problems, winter blues, lack of energy, irritability, mood swings and lack of concentration. Two week trials can be arranged.



### CPAP

Continuous Positive Airway Pressure (CPAP) is the gold standard of treatment for Obstructive Sleep Apnoea (OSA). CPAP trials can be arranged at Bendigo Sleep Lab after a sleep study has diagnosed you with OSA. Please see our CPAP Treatment brochure for more information on CPAP trials.



### Night Shift positional device

Night Shift is a positional sleep therapy device that discourages users from sleeping on their backs to prevent snoring and positional obstructive sleep apnoea. Worn comfortably around the neck during sleep, Night Shift produces a gentle vibration any time the wearer attempts to sleep on their back.



### CPAP masks

The most important aspect in CPAP therapy. New masks represent minimalistic and effective design. The latest being only 52 grams.



### No interest payment plans

No Interest Ever\* payment plans are available for the purchase of equipment from Bendigo Sleep Lab. For more information visit [www.shophumm.com.au](http://www.shophumm.com.au)

\*conditions apply.

