



Dear patient,

You have arranged an appointment with us in the next few days. We are honoured that you want to see us, and we will try our best to help you.

For us to fully provide the best assistance possible, it's essential to understand the most effective approach for your specific needs.

Therefore, please read several documents that require your attention. You and your partner will need to fill them out before the consultation. Then, we will be able to propose a set of studies and investigations to diagnose or rule out possible sleep disorders.

Along with this letter you should have received another one with a detailed description of some of my services, as well as general information about OSA (you can also read <https://www.nhs.uk/conditions/sleep-apnoea/>, <https://pubmed.ncbi.nlm.nih.gov/33709678/>).

Information about insomnia can be found on <https://www.nhs.uk/conditions/insomnia/> You can also find this information on

Suppose Obstructive Sleep Apnoea or insomnia are to be considered upon the result of your questionnaires. In that case, we will send you several videos and graphic instructions on how to set up the diagnostic device.

What is a sleep study?

There are three types of sleep studies that we carry out:

- An unattended in-home cardiorespiratory polygraphy (Apenalink Plus or BTI APNiA).
- A CPAP trial. The most relevant data from the cardiorespiratory polygraphy is recorded while on CPAP therapy. This is a therapeutical trial which aims to assess the effectiveness of Continuous Positive Airway Pressure (CPAP) therapy for treating OSA. This study can be done for one night, or a longer trial (one month) could be used for titration and assessing the best CPAP (among a wide range of devices) according to your needs and preferences.
- A Somnomedics® Home SleepTest (HST), a device which is a cost effective, easy to use home-based sleep screeners to determine sleep stages, sleep disturbances and resulting sleep fragmentation by cortical arousals. Thanks to it's compact design and minimal wiring, the application is very simple and comfortable to wear. The system reliably record EEG, EOG, EMG, impedance, ambient light, activity, position and sound for snoring

detection. More information and informative videos can be found in <https://somnomedics.de/en/insomnia-diagnostics-home-sleep-test/>.

These tests are performed at home but will require you to pick up the monitors and I will explain to you how to set them up.

A cardiorespiratory polygraphy sleep study will measure your blood oxygen levels, heart rate, snoring, apnoeas, and chest motion while you are asleep.

You will need to wear the device for one night and return it the following day.

Why do I need this test?

Your GP/consultant referred you or, I suggested, a sleep study to find the cause of your sleep symptoms and if your breathing is interrupted while you sleep.

Signs that you may have sleep apnoea include:

- Loud snoring.
- Stopping breathing or struggling to breathe.
- Feeling of choking or gasping.
- Waking up a lot during the night.

Symptoms of OSA include:

- Waking up sleepy and unrefreshed.
 - Morning headaches.
 - Difficulty concentrating and feeling groggy.
 - Poor memory.
 - Feeling depressed, irritable or other changes in mood.
 - Poor coordination.
 - Loss of sex drive.
 - Cardiovascular, metabolic, neurological, digestive, urological, ophthalmic complications.
- You will receive more information in a separate letter.

The sleep study will help to diagnose sleep conditions like OSA. If the test shows that you have OSA, then by treating it, we can help to improve your quality of life.

What are the benefits of having a sleep study?

- To determine suitability for surgery.
- To assess how well the treatment that you might be having is working (for example, CPAP).

What are the risks of having a sleep study?

There are no risks associated with having these types of sleep studies apart from slight discomfort when wearing the probe.

Are there any alternatives?

The alternatives are overnight oximetry, PAT sleep studies or a full polysomnography. A full polysomnography involves additional bands around the chest and stomach and a sensor placed under your nose, head, and limbs. We do not offer these sleep studies and they are done in-hospital. If appropriate, your doctor may be able to refer you for these at an alternative hospital. If we think this polysomnography is indispensable we will let you know you need it. You can get all these types of tests for free from the NHS; if you wish I can refer you but maybe your GP will need to validate it and you will be added to their waiting list.

Consent

We must, by law, obtain your verbal consent to this test beforehand. I will explain the risks, benefits and alternatives to you (most are included in this letter). If you are unsure of any aspect of the proposed test, please do not hesitate to ask me.

Do I need to prepare for my sleep study test?

Before undertaking both types of sleep studies, please do not consume alcohol, drink caffeine and avoid napping during the day.

Please remove any false nails, gels or nail polish, as this will interfere with the readings of the oximeter.

You must also ensure you can return the device the following day.

What happens before my sleep study test?

We will need a consultation and the filled pre-consultation questionnaires beforehand. I will measure your height, weight, abdominal and neck circumference and get other data from the examination.

You will be required to complete a sleep questionnaire to tell us how sleepy you feel during the daytime and your sleeping habits. There are also questions about your general health and medications.



What happens during my sleep study test?

I will instruct you how to use the sleep monitor, and you will receive graphic and written instructions and videos about this. I will be on-call that day to assist you any time if you have any issues during the study. My phone number for this is 07873553398, my colleagues in Spain +34617467917 (international telephone call only) and in Latin America +58 4162758514 (WhatsApp) will also assist you in the exceptional case you cannot find me. We all are ready for troubleshooting 24/7. Do not hesitate to call us, we prefer to assist you during the night than repeating a study. Please do not use these phones for any other purpose, we will not give you any clinical information via the telephone. Only SleepCare Clinics will do that, that is a legal requirement about confidentiality and data protection.

Because you have enough information and help to appropriately undertake the study, we will not refund unsuccessful or suboptimal studies. If with all this information you think that you will not be able to follow exactly the steps for the test, we will recommend not to have it. For Somnomedics[®] Home Sleep Test you can chat with us from the tablet or call +49931359094994 (urgent helpline international call only).

What happens during an overnight oximetry sleep study?

I will show you how to put the straps, nasal cannula, oximeter and the correct positioning of these probes. I will show you where the 'on' button is and how to switch it on before going to sleep. And how to turn it off when you wake up.

Upon waking the next morning, the monitors must be returned to SleepCare Clinics.

How long does the test take?

The test should be performed for the full length of time you sleep. Ideally, we need a minimum of four hours' worth of data to have an acceptable study.

What happens after my sleep study test?

Once you have completed your sleep study, you will need to return it back to SleepCare Clinics, or someone else can return it on your behalf. The study will then be downloaded and analysed. I will see you on a face-to-face appointment and after reviewing the results, SleepCare Clinics will send a copy of the results. It will not be the final report, which will be issued when we finish all the investigations and agree on a plan.