

Sleep study information



Location

The Sleep Laboratory is located on level 1 of The Townsville Hospital, within the Medical and Cardiac Clinics. Please check in at central admissions and wait at allied health reception to be called.

Hospital access

Car parking:

Parking is available in the main hospital car park, from Angus Smith Drive. A \$5.00 parking fee is charged through the automated ticket machines in the main entry lobby for overnight parking.

Public transport:

Buses (Sunbus) and taxis can be found at the main entrance of the hospital.

Disabled access:

Disability parking bays are available at the front of the hospital as well as a drop-off zone near the main entrance. For specific questions regarding access, please phone us on **4433 2863**.

Accommodation for next of kin:

There is no accommodation within the Sleep Laboratory or hospital for next of kin. If you are travelling from outside the Townsville area, please contact the travel officer at your local hospital for assistance.

Carer requirements

If you require a full time carer please ensure they attend the full nights sleep study with you. If you have a part time carer, please contact the respiratory and sleep unit to see if they are to attend as well.

What to do before your sleep study

- **If you are unwell**, contact the respiratory and sleep unit to reschedule your appointment
- Have dinner before you arrive as meals are not provided to this outpatient service
- Shower, remove any make-up, nail polish and wash your hair. Do not apply moisturiser or oils
- Males patients must be free of stubble but beards are acceptable.

What to bring

- Medicare card
- Medications you require overnight, including painkillers and nasal sprays, and a list of all medications you are currently taking

- If you are using any treatment devices, please bring your mask
- Your sleepwear and toiletries – preferably not satin sleepwear
- Optional – your own pillow, a book, eye mask
- Do not bring any valuables wherever possible. Any valuables are brought at your own risk
- The use of mobile phones and tablets will be actively discouraged after lights out and during your sleep study.

What will happen on the night?

- There may be several patients having sleep studies done on any given night. All patients have individual sleep study rooms
- Your sleep study is an overnight outpatient service. You will not be seen by a doctor. Sleep laboratory scientific and nursing staff members will conduct your sleep study
- Medications will not be provided except in the case of an emergency
- A sleep study involves measuring breathing, heart and brain activity and body movements using sensors on the skin surface.
- Lights out will be between 10pm-11pm
- You will be woken just before 5.30am. Departure must be before 6am. There are no staff in the Sleep Laboratory after this time.
- Breakfast is not provided, except in special circumstances, such as when an additional daytime sleep test is also booked
- Patients who are awaiting transport after 6.30am will be directed to the main entrance of the hospital on the ground floor.

What will happen after your sleep study?

An appointment with your Sleep Specialist will be made for you to obtain your results. No information will be available from the laboratory staff following your sleep study.

For more information the please call **4433 2863** between **8am-4.30pm, Monday to Friday.**

For cancellations after office hours, please call **4433 4585** between **8pm-6am.**

