



## PATIENT INFORMATION SHEET

### Simple Home Sleep Study – ApneaLink

The Apnoea Link is a device designed to monitor your breathing and blood oxygen levels during sleep. The test is relatively simple using up to 3 measurements including airflow, blood oxygen levels and breathing efforts. The test is much easier to do and much quicker to analyse than a conventional sleep study done in a laboratory. In some patients we are able to get all the information we need to start treatment for sleep apnoea and in others more detailed studies are needed, especially if more complicated sleep disorders are present.

#### Why is it done?

- **Diagnosis of Sleep Apnoea.** Common symptoms patients may experience are snoring, gasping, breathing pauses, daytime tiredness and also sore throat related to excessive snoring during sleep. Many patients with sleep apnoea are not sleepy but despite the lack of sleepiness this condition can affect the heart and blood vessels.
- **Sleep Apnoea is very common in many types of heart disease including:** high blood pressure (hypertension), heart failure, coronary artery disease (angina, heart attack) and heart rhythm problems such as atrial fibrillation (AF), heart block and ventricular tachycardia.

#### How is it done?

At the initial appointment, the technician will instruct you on how to correctly use the monitor (ApneaLink) so you can comfortably fit it at home. The study consists of a monitor strapped around your waist, a set of small nasal prongs which measures air flow through the nose, a finger piece oximeter to measure your blood oxygen levels through the skin and in some, but not all patients, a waistband which measures breathing effort.

#### What clothing and other preparations do I need?

The monitor needs to be worn on top of your clothing; therefore pyjamas or a shirt is required to be worn during the study.

There is no fasting required for this test – you are able to eat and drink as normal - the monitor is only in place during the night. Please continue taking your medications as usual.

Picking up and returning the monitor takes approximately

20-30 minutes. When you return your monitor, the recording will be analysed, and the results forwarded to your doctor. Not everyone sleeps normally at the first attempt and the study may need to be repeated or the study done in a more sophisticated way in a sleep laboratory.



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