



Level 3 Home Sleep Study Sleep Disorder Centre

A home sleep study is a diagnostic test which is performed in your own home. It is done if your physician suspects you have Obstructive Sleep Apnea.

The study uses simple, comfortable and user-friendly monitoring equipment to study your breathing during sleep in the comfort of your own home.

Finding the Sleep Disorder Centre (SDC) at Misericordia Health Centre, 99 Cornish Ave.

The SDC is located in Misericordia's Wolseley East building. Use Elevator D from the main floor and report to the reception desk.

The entrance closest to Elevator D is located on Wolseley Avenue.

Forms you must complete prior to your Home Sleep Study

It is important to complete these forms and bring them to your Home Study training session. The forms are included in your package, and also available online:

- [Patient Sleep History Questionnaire](#)
- [Sleep Apnea Quality of Life Index \(SAQLI\)](#)

Training Session

Please arrive 15 minutes prior to your appointment.

The Home Study training session will be approximately 90 minutes in total.

The training session will be conducted in a group setting of 2-6 people.

After the training session is complete we will gather body measurements so your equipment will fit properly. You will need to remove any heavy clothing for this step, so wear something light such as a T-shirt. The Registered Respiratory Therapist/Technologist will review all testing equipment you will take home with you.

Important: please note sleep studies are not accurate and may not work at all if you are wearing nail polish or artificial nails. **Please make sure you are not wearing nail polish or artificial nails when you conduct your home study.**

Please make sure you understand all instructions before you leave the SDC.

Instructions are also detailed in the Level 3 Home Sleep Study Instructional Video found at the bottom of the SDC webpage:

misericordia.mb.ca/programs/acute-care/sleep-disorder-centre

Returning Testing Equipment

We kindly ask you bring back the equipment before 10 a.m. on the following business day so we can retrieve the data and prepare the equipment for the next training session. Equipment can be dropped off at the Cornish Avenue entrance 24 hours/7 days a week or returned directly to the Sleep Disorder Centre, Monday - Friday 8 a.m. - 4 p.m..

It is important you complete and return your Sleep Study Diary with your testing equipment. The Sleep Study Diary can be found in the equipment bag.

Your results will be discussed with you at a follow-up appointment with a sleep physician. The date and time of your appointment is included in this package.

**If you *MUST* cancel your appointment, we require at least 24 to 48 hours of notice.
Contact us for cancellations, or for any questions, at 204-788-8570.**

NOTE: A physician cannot see you UNTIL we have received:

- The Patient Sleep History Questionnaire
- Sleep Apnea Quality of Life Index (SAQLI)
- Sleep Study Diary

Please be aware many patients and staff are sensitive to chemicals – including those found in scents, perfumes and aftershaves. We appreciate you being considerate of others and not wearing scents to your health appointments.

