



**Rosebud
CPAP
Services**

Home Based Sleep Study Instructions

Please arrive promptly for your scheduled Home-Based Sleep Study appointment.

You must arrive showered and wearing a comfortable t-shirt or pyjama top that you are happy to sleep in for the night. *You MUST wear a top as the device will clip on to it.

Do NOT apply any make up or Moisturisers prior to your appointment. Please remove nail polish and fake nails on the first finger on your left hand.

You will need to wear the device over night to achieve a successful study result.

Make sure you don't need to stop for petrol or anything else on your way home. Do not make plans to go out, you will be required to go home once you are set up.

In the morning, fill out the patient questionnaire & carefully remove the device. Dispose of the sticky dots and the nasal canula. Place the device, Tape, instruction book and the completed questionnaire in the container provided and return to the office between 8:30 and 9:30 am.

You will be notified when your results have been forwarded to your referring Physician. Results take 10-15 business days to finalise.

If you need to reschedule or cancel your booked appointment, please contact Rosebud CPAP services during reception hours on 0359867136. 48hrs notice is required. less than 48 hrs notice a cancellation fee may apply.