



# Peninsula CPAP Services



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## Home based sleep study instructions Mornington Clinic

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 Mornington Clinic between 9am and 10am. 1/37 Dava Drive Mornington 3931.**

***NOTE: Saturday returns (Friday Set ups) are to be dropped off between 9am-12pm to our Rosebud address: 215 Jetty Road Rosebud, 3939.***  
***Please leave the device on the bench seat under the carport.***

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 Peninsula CPAP services during reception hours on (03) 5986 7136. 48hrs notice is required. less than 48 hrs notice a cancellation fee may apply.