

## INFORMATION FOR PATIENTS, PARENTS, GUARDIANS AND CARERS

# Overnight oximetry study

Your doctor has requested that we perform an overnight home sleep study.

This test is performed to monitor your oxygen levels overnight while you sleep.

### Test instructions

An overnight oximetry study involves collecting equipment to wear at home overnight while sleeping, and then returning the equipment the following day.

The test is very simple and will involve connecting a small probe to your finger and the device straps around your wrist like a watch. You will need to press a button to start the recording when you get into bed and turn it off the following morning when you get up using the same button.

Full fitting instructions will be in the box along with the questionnaires, which need to be completed.

False nails and nail polish directly impact the study results and so should be removed prior to the study.

Relatives and carers may collect and return the device from the designated locker.

### What will I need to bring with me?

We advise you bring your appointment letter to gain access to your unique locker code.

**Any additional information can be found on your appointment letter.**

### Results

A consultant will look at your sleep study and will write directly to you with the results. Any further tests or treatments required will be arranged as necessary.

Please note that you will not be given the results on the day of your test.

### Contact details

Sleep Service  
Telephone: 01623 672484  
Email: [sfh-tr.sleep.clinic@nhs.net](mailto:sfh-tr.sleep.clinic@nhs.net)

King's Mill Hospital Mansfield Road Sutton in Ashfield Notts NG17 4JL	Newark Hospital Boundary Road Newark Notts NG24 4DE
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### Further sources of information

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)  
Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

### Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns, or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623 672222  
**Newark Hospital:** 01636 685692  
**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you.

External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

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