

Respiratory Physiology Service – Polysomnography

Introduction

The Covid pandemic has had a significant impact on the NHS ability to provide routine elective services. We recognise that patients are waiting longer than we would all like and it is not always possible to identify when treatment will take place. This document provides you with information on how you are able to support yourself while waiting to attend the hospital. The guidance has been written by clinicians who are responsible for your care.

Please read the following information in conjunction with the staying healthy guidance appropriate for your condition.

Guidance for Patients

Polysomnography (PSG) is a complex sleep study. It is a comprehensive recording of the changes that occur in sleep. It monitors many body functions including brain (EEG), eye movements (EOG), muscle activity (EMG) and heart rhythm (ECG). Breathing signals are also measured, for example; air flow at the nose, movement of the chest and abdomen and oxygen saturation levels.

If the symptoms are worsening – please see below for details of what to do.

What should I do if my health is deteriorating?

If your health deteriorates dramatically after the test please contact either your referring consultant/GP or the Respiratory Physiology department on the contact details below.

Contact Us

For further information on polysomnography contact:

GMBSleep@uhcw.nhs.uk

Sleep Apnoea Trust

www.sleep-apnoea-trust.org