

## INFORMATION FOR PATIENTS, PARENTS, GUARDIANS AND CARERS

# Blackflash overnight home sleep study

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

This diagnostic test is usually performed to investigate breathing during sleep.

### Test instructions

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

The test is very simple and will involve wearing a small probe on your finger and a nasal cannula which has a microphone attached to it under your nose. These both connect to a small box which is worn around your chest.



The device will be set to automatically start to record at 11pm and will automatically turn off at 7am. It is therefore important to notify the Sleep Service if you have different sleeping patterns e.g., work nights etc., before the appointment to allow us to make appropriate amendments.

**During the night of the test, please avoid the use of a television, fan, radio etc.**, as this will be recorded by the microphone and can affect the quality of the recording.

**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.

We ask that patients please complete the questionnaire which is provided in the box before returning the device.

### 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

## 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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