

INFORMATION FOR PATIENTS

Sleep studies on Fernwood Community Unit

Your doctor has requested that we perform an overnight recording of your breathing during your sleep.

This test is usually performed to see if you stop breathing for short periods in your sleep (this is called sleep apnoea). We may also need to assess whether you need extra oxygen overnight.

If you do not attend for this test we will not be able to pass on important medical information to your doctor, which may affect the medical treatment you receive.

Test instructions

A sleep study involves coming into the hospital for one night to have your sleep monitored.

The test is very simple and will involve connecting a small probe to your finger and three stickers to your chest. These connect to a small box attached around your middle with elasticated belt.

What will I need to bring with me?

- Nightclothes (dark in colour if possible)
Slippers
- Toiletries
- A towel.

You may also bring anything else you may require for an overnight stay.

You must remove any nail varnish from your fingernails for us to gain accurate results.

What will happen when I arrive?

Fernwood is a busy ward so please be patient with the staff; they will be with you as soon as possible.

They will show you to a side room where you will spend the night. They will explain the procedure to you and then connect the equipment.

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.

What if I need hospital transport?

You will need to arrange transport by telephoning the following numbers between 7am and 9pm, Monday to Saturday (please use the number for the area you live):

- Nottinghamshire: 0345 266 9662
- Derbyshire: 0300 300 3434
- Lincolnshire: 0848 357 1556.

Contact details

Sleep Service: 01623 672484

Email: 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

Our website: 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

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.

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 or telephone 01623 622515, extension 6927.

<p>To be completed by the Communications office Leaflet code: PIL202512-05-SSFCU Created: January 2018/ Revised: December 2025 / Review Date: December 2027</p>
