

## CONSENT FOR HOME BASED SLEEP STUDY

### Procedure Details

A sleep study is a test which records your body signals while you sleep which can be undertaken at a hospital sleep laboratory or at a patient’s home using an abridged portable device (Home Study). You will be undergoing a Home Study.

A Home Study is non-invasive. During the set up procedure, a technician will attach sensors to your body for the study, which will record your biological signals including the following:

Brain waves	Breathing rate
Eye movements	Heart rate
Blood oxygen level	Snoring
Leg movements	Jaw movements

After the technician attaches the required sensors, they will attach the portable device on your chest and configure the settings. They will also provide you with instructions on basic troubleshooting, how to take the device off in the morning and confirm with you the location and time to drop off your device after the study. You will also be given a Post-sleep Questionnaire for you to complete after your study – please include the completed questionnaire in the carrying bag when you return the device. Prior to the set up procedure, you should let us know if you are allergic to latex or tape.

Please note that the diagnostic device is a delicate piece of equipment and is costly to replace. We kindly ask that you handle the device with care, detach electrodes gently at the conclusion of the study, and NOT to throw anything away (simply place entire device including used tapes and patches back in the carrying bag).

Once you have returned the device, your study will be downloaded. We will analyse the information and a qualified sleep specialist will review the results and finalise your sleep study report. You should make a follow up appointment with your GP and/or your sleep physician to discuss your results and we strongly suggest you consult with a sleep physician before commencing any form of treatment.

### Risks

There is no major health risk associated with a sleep study. You may have minor skin irritation or redness from the sensors and tape. You may not sleep as well as you normally do with the equipment - if you think this may affect you, you should not drive or operate machinery immediately following the sleep study. There is a risk that a Home Study yields incomplete or inconclusive results if sensors move or become detached during the study. If that is the case, you may have to repeat the Home Study or your doctor may advise you to undergo a hospital in-lab sleep study instead.

### Consent & Acknowledgement

I, \_\_\_\_\_, born \_\_\_\_\_(dd/mm/yy) hereby acknowledge the following:

- I understand the procedures and risk involved with a Home Study, and have been given the opportunity to ask questions about the procedure. I hereby authorise and consent to Centurion Healthcare or their representatives to perform a home sleep study on me.
- The medical information and history I have provided prior to the procedure is complete and accurate.
- I understand that the Home Study is an abridged study which may yield inconclusive results.
- Medicare covers one Home Study for every 12 month period. I understand that if I have had another Home Study in the past 12 months, Medicare will not cover this Home Study and I will be liable for any cost which is not covered by Medicare.
- I will return the portable device and all accessories/parts at the agreed time, and understand that I may be charged for any damaged or missing equipment.

\_\_\_\_\_  
Signature (Patient)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature (Witness)                      Name (Witness)

\_\_\_\_\_  
Date