

## What is an oximetry test?

A test that monitors your oxygen and heart rate during your sleep. You will need to sleep with a probe attached to your finger (see below). This will be demonstrated during your appointment which will take approximately 15 minutes. Please ensure no nail polish/acrylic nails as it affects the reading.

## Returning the device

The device has to be returned to Module 7 reception the next day before 10am. This can be returned by yourself or someone on your behalf.

## What happens next?

The device will be downloaded, and a report generated.

Your results will be looked at by a clinician who will allocate

you to see a sleep doctor/nurse or refer you back to your GP. Your results will be discussed face to face at your next appointment.



## Why am I having this test?

Obstructive sleep apnoea (OSA) is when you have a pause in your breathing during your sleep, causing you to wake up. This can leave you feeling tired during the day and affect your day to day functioning at work or home.

How do I know if I could have OSA?

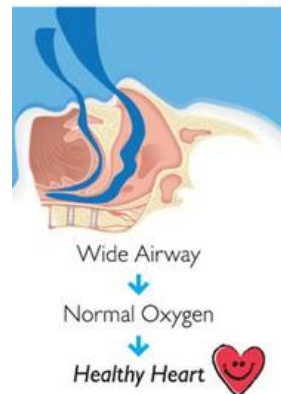
- Snoring
- Waking up choking/gasping
- Frequent waking to go toilet
- Feeling unrefreshed
- Waking up with headaches/fogginess
- Wanting to nap during the day
- Moodiness/feeling low
- Poor memory and concentration

## Treatment for OSA

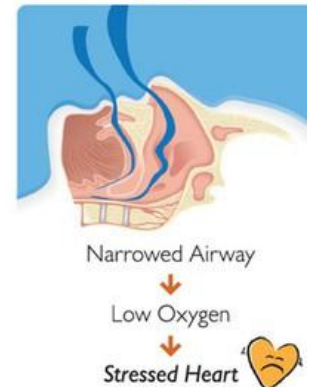
If you have moderate to severe OSA you may be referred to trial a CPAP (Continuous Positive Airway Pressure) device. This device involves you wearing a mask while you sleep. The CPAP machine will quietly blow air into your airways to help keep them open, allowing you to breathe comfortably and go into deep stages of sleep. You will no longer snore, and your quality of sleep will improve. Other treatment options such as oral appliances, surgeries and/or weight loss can be discussed with your specialist.



### Normal Airflow



### Sleep Apnea



## Contact us:

Customer Service Team Ph: 09 277 1660

Free phone: 0800 266 513

Email: [customerservice@CMDHB.org.nz](mailto:customerservice@CMDHB.org.nz)

Text us on (text costs 20c) : 8969

**Sleep Care Pathway**

Referral: Usually from your family doctor or another doctor



Oximetry sleep test: You complete a single night sleep oximetry test at home.



First specialist appointment: This is with a doctor or nurse specialist who will discuss your results and treatment options.



Treatment appointment: May include but not limited to CPAP, behavioural therapies, weight loss and in some instances surgical options.



Ongoing treatment and support: patients on CPAP may remain under care of our sleep service long term.

## Tips For A Better Sleep

- Be Consistent**  
 Have a regular sleep time: same bedtime and rise time. Aim for 7-9 hours of sleep.
- Have a Bedtime Ritual**  
 Create a relaxing ritual such as: warm shower/bath, reading, listening to relaxing music or meditate.
- Bedroom Environment**  
 Make your room quiet, dark and cool.
- Sleep on your side**  
 Sleeping on your back you will more likely to snore and block off your airway. While sleeping on your side keeps your airways open.
- If can't sleep after 20 mins.**  
 Get up and do something relaxing in different room until you get tired then go back to bed and try to sleep again.

"Your body functions best when it's getting adequate rest".

## Tips For A Better Sleep

- No Television in the Bedroom**  
 Bedrooms are ONLY for Sleep and Intimacy.
- Reduce Screentime**  
 You may use the bright light filters on your devices.
- No Nap after 3PM**
- No Caffeine within 6 hrs of your bedtime**
- No Large Meal within 2 hr of your bedtime**
- No Exercise within 3 hrs of your bedtime**
- No Alcohol within 3 hrs of your bedtime**
- For Night Shift Workers**  
 Put sunglasses on as soon as it starts to get light in the morning. Wear them until you go to sleep in your darkened bedroom or you can use sleep eye mask.