

Sleep Centre

Home Sleep Test



Clinical Sites:



Singapore
General Hospital
SingHealth



Changi
General Hospital
SingHealth



Sengkang
General Hospital
SingHealth



KK Women's and
Children's Hospital
SingHealth

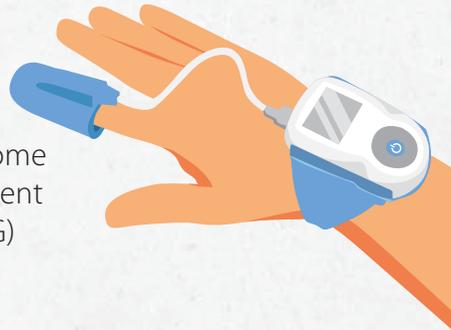
What is Obstructive Sleep Apnoea?

Obstructive sleep apnoea (OSA) is a condition caused by repeated upper airway obstruction during sleep, due to narrowing of the upper airway. It is characterised by snoring and recurrent pauses or reduction in breathing.

Untreated OSA is associated with a number of health problems such as hypertension and heart diseases. People with OSA experience a significant impairment in their quality of life.

What is a Home Sleep Test?

For select patients with OSA, the portable home sleep test (HST) is an alternative to the inpatient overnight diagnostic polysomnography (PSG) done at a Sleep Centre.



A HST is less costly compared to a PSG and can be conducted in the comfort of one's bedroom. However, it is less detailed and there may be a risk of test failure if the probes are not worn properly.

A HST may not be suitable for patients who:

- Have suffered a severe stroke before, or have suffered a recent stroke within the past 30 days
- Have dementia and are unable to cooperate
- Have severe heart failure or chronic lung disease with shortness of breath at rest, or are on oxygen therapy
- Have chronic opiate (addictive drugs) usage
- Do not know or cannot understand how to use a HST
- Have other sleep disorders such as:
 - Central sleep apnoea
 - Idiopathic hypersomnia
 - Periodic limb movement disorder
 - Parasomnia
 - Narcolepsy
 - Nocturnal seizures

How is a Home Sleep Test Done?

1. Visit a designated Sleep Centre to collect the HST device, which consists of the Snore and Body Position sensor, uPAT probe and WatchPAT monitoring device. This device measures your snoring, breathing and oxygen levels.
2. A sleep technologist will advise you on the placement of the probes (as shown in the photo).
3. Return the HST device to the Sleep Centre the next day.
4. Attend your follow-up appointment at the Sleep Centre for assessment and review of the HST by a sleep specialist.



How Should I Prepare for a HST?

On the day of your sleep test, you should:

- Avoid drinking alcohol and caffeinated beverages such as coffee or tea in the afternoon and evening.
- Take all your regular medicines, unless your doctor tells you not to.

References

1. Kapur VK, Auckley DH, Chowdhuri S, et al. (2017) Clinical Practice Guideline for Diagnostic Testing for Adult Obstructive Sleep Apnea: An American Academy of Sleep Medicine Clinical Practice Guideline. *Journal of Clinical Sleep Medicine* 13(3): 479-504
2. Phua CQ, Jang IJ, Tan KB, et al. (2021) Reducing Cost and Time to Diagnosis of Treatment of Obstructive Sleep Apnea Using Ambulatory Sleep Study: A Singapore Sleep Centre Experience. *Sleep Breath* 25: 281-288

Sleep Centre

Clinical Sites:



Singapore General Hospital
SingHealth

Sleep Centre

Outram Community Hospital
SingHealth Tower, Level 3

-  10 Hospital Boulevard, Singapore 168582
-  6321 4377
-  www.sgh.com.sg



Sengkang General Hospital
SingHealth

Sleep Medicine Service - Sleep Diagnostics

Medical Centre, Level 6

-  110 Sengkang East Way, Singapore 544886
-  6930 6000
-  www.skh.com.sg



Changi General Hospital
SingHealth

Changi Sleep & Assisted Ventilation Centre

Medical Centre, Level 2

Sleep Laboratory

Integrated Building, Level 8, Ward 58

-  2 Simei Street 3, Singapore 529889
-  6850 3333
-  www.cgh.com.sg



KK Women's and Children's Hospital
SingHealth

Sleep Clinic

Children's Tower, Level 1, Specialist Outpatient Clinic K

-  100 Bukit Timah Road, Singapore 229899
-  6294 4050
-  www.kkh.com.sg



Singapore General Hospital



Changi General Hospital



Sengkang General Hospital



KK Women's and Children's Hospital



National Cancer Centre Singapore



National Dental Centre Singapore



National Heart Centre Singapore



National Neuroscience Institute



Singapore National Eye Centre



SingHealth Community Hospitals



Polyclinics SingHealth