

## Knowing the difference: overnight and home sleep studies

### Referring the most appropriate sleep test

It is estimated that 1.5 million (8.9%) of Australians suffer from sleep apnoea, insomnia or restless legs syndrome<sup>1</sup>. Obstructive sleep apnoea (OSA) is among the common problems likely to be encountered in general practice, as it has an extraordinarily high prevalence in the general population<sup>2</sup>.

To diagnose and manage patients who suffer from sleep health problems there are two main tests available. It is important to know when to order an overnight (in-lab) sleep study comparative to a home sleep studies.

### The role of overnight (in-lab) Sleep Studies

Overnight, or in-lab, sleep studies provide the gold standard in sleep diagnostic testing.

During an overnight sleep study, sleep professionals observe patients, specifically looking at movements or abnormal behaviours during sleep. The sleep professionals will ensure that the study is running correctly and that data, including brainwave activity, is captured accurately.

Overnight sleep studies are required for non-OSA sleep diagnosis and for patients with significant co-morbidities.

Genesis SleepCare Overnight Sleep Studies:

- set up by experienced/trained technicians
- reviewed by sleep scientific experts
- Physicians review data and prepare sleep report
- patients are able to stay overnight in a comfortable setting.

### The role of home Sleep Studies

A home sleep study allows patients to have their sleep parameters tested whilst sleeping in the comfort of their own bed. During a home sleep study, patients attend a sleep diagnostic clinic where a trained technician will set them up and send them home with a box that rests on their chest and records their sleep data.

Home sleep studies are only to be used to diagnose OSA, and are only suitable if the patient has a high probability of OSA.

A useful tool in helping to assess the likelihood of OSA is the Stop Bang Sleep Screening Questionnaire.

The questionnaire is accessible from the Genesis SleepCare QLD's website.

Visit [www.genessleepcare.com.au/qld](http://www.genessleepcare.com.au/qld)  
(See: Medical Professionals > Education & Events)

### Genesis Sleepcare

- Timely, accurate diagnostic and treatment studies
- Sleep physician consulting
- SleepCare clinics for ongoing CPAP therapy management
- Safe, comfortable medical facilities
- Friendly and knowledgeable staff

### Electronic Referral Templates Available for GP Medical Software

Electronic referral templates for practice medical software are available for Medical Director and Best Practice. These are accessible from Genesis SleepCare QLD's website.

Visit [www.genessleepcare.com.au/qld](http://www.genessleepcare.com.au/qld)

(Refer Medical Professionals>Forms>Referral Templates)

### References

- 1 Access Economics: Reawakening Australia ; Sleep Health Foundation Oct 2011
2. Hamilton, GS and Joosten, SA (2017) Obstructive sleep apnoea and obesity, Australian Family Physician, Volume 46, No.7, 2017 Pages 460-463.