
the technician in a room nearby will take initial readings while you are awake. A camera situated on the wall above the television screen records all your sleep movements. Try and fall asleep when advised to do so. The sensors attached to your body send signals to equipment in another room. A technician monitors the signals from there.

At some time during the night, usually early morning a member of staff will come into the room and put some cream on your earlobe. The cream makes the earlobe warm. **Do not touch** the cream as it will burn you. About 10 minutes or so later the member of staff will return and take some blood from your earlobe with a device and remove the cream so you can go back to sleep.

Between 5-6 am you will be woken up and disconnected from the machine. You can now go for a shower, walk around or sit in the waiting room just outside reception. Coffee and tea are provided here for the patients from about 06:30 - 07:30. You can go for breakfast from 07:30 onwards. On your return to the ward, please ask what time the doctor will be able to speak with you. This is usually between 10am-12pm.

Outcome:

Once all tests results have been evaluated the doctor will explain the results. You will be given details of your sleep pattern. If you have sleep apnoea you will be seen by a member of the ResMed staff who will provide you with a mask. There are different masks and the staff will help you find the one which is suitable for you. You are requested to try this out for about 30min to see if it is right for you. The member of staff will observe you from the control room and adjust the pressure. Once this has been done you are usually free to go and perhaps take a walk around. There is a park surrounding the hospital and the town centre is nearby.

The following evening/night the same process is repeated but now with your new mask to see if it works well and what pressure the machine needs to be at for you. The next morning you speak with the doctor again around the same time. You will be given discharge paperwork. Once discharged from the clinic you need to go to the Atemzentrum opposite to collect your machine to take home. The staff there will instruct you on the use and cleaning of the device and put it all in a special bag for you. You have to sign for the machine. Once this has taken place you can go home. You will be given an appointment to come back initially after 6 months. Once the routine is well established, annual appointments will be given.

Please note: It will take a minimum of 14 days to get used to sleeping with the mask. If your weight increases or decreases more than 5 kg you are advised to go back to have the pressure adjusted. Please speak to your medical centre staff about this.

Internet access:

You can get Internet access but it is quite limited in the sleep lab. Reception at the main entrance will sell you a ticket for 24hrs for €2. However, access is only possible in the waiting areas outside the ward and close to the reception area downstairs.

Support: If you need any support at all please ask the receptionist to call the Patient Support Service, or call the Hospital Hotline on 0800 5889936 (24/7).

The provider of this information takes every care to ensure that it is accurate and up to date, but cannot guarantee its completeness and correctness.



**Sleep Clinic
Bad Lippspringe**

Admission information

For further information please visit our website at www.patient-wise.de

Before your admission:

You will be given an admission date and time. Your admission is for the sleep clinic, located on the first floor, in the Karl Hansen Klinik, in Bad Lippspringe. Sat Nav address is Antonius Strasse 19, 33175 Bad Lippspringe. Please note your admission is likely to be late afternoon, or early evening.

Transport

If you have any transport requirements please call the Transport Support Unit (TSU) Monday to Friday between 08:00 - 16:00hrs. In Paderborn call 05254 982 2842. In Bielefeld/Gütersloh call 0521 9254 3219.

Please remember:

Shower and shave before you come, as needed. It's important to have clean, dry hair and skin, so that electrodes and other sensors can be attached securely. Do not use conditioners, or oils in your hair. Clean all make-up and lotions off your face. Shave as usual. Beards and moustaches should also be clean and dry.

What to bring:

- any paperwork/test results you may have
- any medication you are taking (at least 2 day's supply)
- comfortable clothes for the daytime (you may have to have more tests or want to go out for a walk)
- pyjama's/dressing gown and slippers. Bring or wear modest, 2 piece pyjamas or loose fitting clothes like shorts and a T-shirt
- a small amount of money in case you want to buy a drink/snack or British newspaper from the kiosk.

Parking:

If driving, please park in the (free) car park on Antonius Strasse.

Your Arrival:

The clinic is signposted. Walk to the clinic following the footpath going past a large round glass building (Atemzentrum). Behind it is the Karl Hansen Klinik. Go up the ramp to the entrance. Take the lift opposite the reception to the first floor. Turn left (following signs for sleep lab) go through the glass door and report to the reception.

Your admission:

You will be asked to complete three questionnaires (in English).

1. The Epworth Sleepiness Scale is about the likelihood of falling asleep during certain situations.
2. The Reflux Symptom Index is about problems with your throat, nose, swallowing, coughing etc.
3. The final one is about sleep disturbances and your health including when was the last x-ray of the heart/lungs taken.

Weight, height and blood pressure is recorded. Your neck circumference and abdomen will also be measured and recorded.

You will be shown a film in English on sleep apnoea and what happens in the clinic. The film takes about 40 minutes.

Your room:

Your (single) room has a bed, a wardrobe (lockable) with small hanging space and drawers, a sink with mirror above, and a comfy chair and television. The windows can be opened on tilt but please check with staff re air conditioning. Showers and toilets are in the corridor.

Meals:

You will be given sufficient tickets for your stay by the ward staff for your meals in the dining room on the ground floor.

Meal timings:

Breakfast	07:30 - 09:00
Lunch	11:30 - 13:30 (Hot meal)
Dinner	17:30 - 19:00.

Take the corridor opposite the reception and follow it right to the end, turn left and the dining room (Speisesaal) is immediately on your right hand side. Enter and hand a member of staff your voucher. The first one is completed for you with your name on it, the rest you need to simply add your name before you hand it in. Staff will show you what to do. Breakfast and evening meal are buffet style. English type tea is called 'Ostfriesen tee'.

In the evening: You will be given a time when you need to be in your room and **ready for bed**. A member of staff will come and put sticky patches (sensors) on your face in several places, on your scalp, chest and legs that will record your brain and heart activity as well as your movements. The sensors by your nose will measure your breathing. The straps around your chest and abdomen will measure the effort it takes to breathe and the finger clip will record your blood oxygen. The sensors will be securely attached and bundled so you can sleep in any position and turn over as you sleep. If you need to get out of bed during the night you can be disconnected from the main monitor. Staff will help if you ring the bell, **do not attempt to disconnect it yourself**.

Start time:

You will be given a specific time before the testing starts. Once connected to the machine