

1. When you went to see the doctor they talked about you having a sleep study. This helps the doctor understand what happens when you are sleeping.



2. You will be given a monitor to use at home so that you can sleep in your own bed when having your sleep study. This is what the monitor looks like:



3. The monitor probe goes on your big toe before you go to sleep so that it can record overnight. Wearing a sock will help keep the probe and wire in place.



4. When you wake up in the morning you can remove the probe and turn the monitor off.



5. The monitor then gets returned so that all the information can be downloaded and sent to the doctor.

