

Keywords we may use

Epworth Sleepiness Score (ESS): A scale that is used to determine the level of daytime sleepiness, based on a questionnaire.

Apnoea Hypopnoea Index (AHI): An index used to assess the severity of sleep apnoea based on the total number of complete Apnoeas (stopping breathing) and partial obstructions of breathing occurring per hour of sleep.

Continuous Positive Airway Pressure (CPAP): A treatment that uses mild air pressure to keep the airways open.

Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends and carers.

Contact Us

Tel: 01942 822376 (Monday to Friday 9am to 4pm)

The Patient Relations/PALS Manager
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Ask 3 Questions



Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?

How We Use Your Information

For details on how we collect, use and store the information we hold about you, please take a look at our "how we use your information" leaflet which can be found on the Trust website: <https://www.wwl.nhs.uk>

This leaflet is also available in audio, large print, braille and other languages upon request.
For more information please ask in the department/ward.

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Sleep Apnoea Clinics

Sleep Service

Patient Information

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What can you expect and what are your concerns?

We want to help you become more involved in managing your health relating to sleep and have made this information leaflet with the aim of finding out what is important to you and what you would like to know.

Is this your first appointment with us?

- We will ask you various questions regarding your sleep and general health and you can raise any questions or concerns you have regarding these.
- We will share with you what the equipment that can be provided is looking for and what happens next and answer any questions you have.
- You will be given the piece of equipment, if you choose to do so, to use at home overnight and it will need returning on the next working day. Verbal consent will be obtained to ensure it is the responsibility of the patient to return the equipment by the agreed date.

Have you had a sleep study and been sent two appointments, with this being the first of those?

- We will share with you the results of the study, explain what they mean and answer any questions or concerns raised.
- We will share with you the options you have, dependant on the results of the study and answer any questions you have.
- You can receive treatment today, if you chose to do so.
- If you receive treatment, we will discuss the option of remote monitoring and if agreed obtain verbal consent during consultation.

Is this a follow up appointment and you have a CPAP machine?

- How are you managing with CPAP?
- Do you have any problems, issues or feedback?
- Do you need any replacement/alternative equipment?

- We will share with you the data from your CPAP smart card or remote access, explain the results in relation to your condition and answer any questions or concerns you raise.
- We may discuss making adjustments to the CPAP machine, if indicated on the information and answer any questions you have.
- Your next appointment will be discussed and booked before leaving today, unless we need to discuss anything with the sleep team.
- Please bring your CPAP machine with you to all future appointments

Your feedback is always valued and we will discuss any suggestions which you feel may improve the Sleep Medicine Department. If you think of any questions or concerns once you get home, you can contact the service on 01942 773096 (answer machine available out of hours).