Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

Sleep Apnoea Clinic

Version number: **5**
Last modified date: **19th November 2026**

Sleep Apnoea Clinics

Patient Information

Sleep Service

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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 and 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).

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 Apnoea (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.



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