



## Limited overnight polysomnogram (recorded at home)

### Purpose of the recording

The purpose of a limited overnight polysomnogram recorded at home is to diagnose sleep apnoea (pauses in breathing), partial upper airway narrowing and leg movements during sleep.

### Course of the recording

During polysomnography, your breathing, heart rate, body position, leg movements and blood oxygen saturation is recorded at night, using several electrodes. The recording is carried out in your home.

The bedroom should be calm. You may change your position and choose the sleeping position you are used to.

Preparations for the polysomnography will be done at Outpatient Clinic A5 at Satakunta Central Hospital on the day of the examination. The electrodes required for the recording will be applied by a nurse. The recording device (polysomnograph) will be programmed for the night. Once the preparations are completed, you may move about as normal. The recording will take place in your home and should hardly cause any disturbance to your normal sleep. The next morning, return the recording device to Outpatient Clinic A5, as scheduled. You should also return the questionnaires you were given.

### Preliminary preparation

You should sleep as regularly as possible the week before the recording. Avoid drinking a lot of alcohol for a week before the recording. No alcohol is allowed on the night of the examination. You may take your prescription medications as normal. When you attend your appointment, bring along a thin T-shirt or something similar that you can sleep in during the recording. You will also have electrodes attached to both legs; you should wear short underpants, with outerwear providing sufficient coverage.

Once an opinion on your findings has been issued by a neurophysiologist, you will be informed of the results and any further measures required by a senior ward physician, either by phone or by letter.

If you are unable to attend your appointment, please inform the Outpatient Clinic for Pulmonary Diseases as soon as possible.

### Contact information

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