

Polysomnography

Purpose of the Examination

The purpose of the polysomnography (PSG) is to study disturbances of sleep structure, special sleep disorders (parasomnias), possible apneas, partial upper airway obstruction, and periodic leg movements during sleep.

Preparing for the Examination

For two weeks before the examination

- You should try to sleep as regularly as possible. **Please keep track of your sleeping in the attached sleep diary for two weeks** before the examination and hand in the diary when arriving to the examination.
- If you are on medication, you can take it normally before the examination. You can also eat normally. You should avoid consuming large amounts of alcohol. You should not drink any alcohol on the day before the examination.

On the examination day

- You should have clean and dry hair when coming to the examination. You should not apply hair spray, gel, or any other styling products after washing your hair. If your work includes welding, wash your hair especially carefully. Accumulated metallic dust in your hair can cause several technical disturbances during the examination.
- Please **bring along any necessary medication**.
- Please bring along a T-shirt and short underpants for the polysomnography to wear during the recording night. Some of the sensors are attached on top of this clothing.
- You can also bring something to read or anything else to pass the time, if you want to.

Examination Process

Please come to the examination unit at 6 pm on the examination evening. The sensor attachment takes about an hour. You will have some time to get used to the sensors after this. You will be handed a questionnaire about your sleep and tiredness. The recording begins before going to sleep. You will be served an evening snack before the examination.

The examination is painless and it does not affect your normal sleep remarkably. All the measurement sensors are attached on the surface of your skin or on top of your clothes. You can turn and choose your sleeping position normally during the examination night.

The electrical activity of your brain, your eye movements, your muscle tension, your heart rate, your position and movement, your blood oxygen saturation, and if necessary, the carbon dioxide concentration are recorded during the examination. In addition, your sleeping is recorded on video.

You will be served breakfast the following morning, and the sensors will then be detached. You can take a shower at the unit, if you want to. You can go to work as usual after the examination.

After the Examination

A clinical neurophysiologist will analyse the examination and write a report. The report is directed to the clinic that ordered the examination. They will inform you of the examination results and any possible follow-ups.