

Cardiorespiratory Night Polygraphy - Home Recording

Your time for attachment of the sleep recording equipment has been booked. The time is in the afternoon before the night polygraphy recording. Please be on time and stick to the instructions you have received about the examination. If you cannot return the equipment by 9 o'clock on the following morning after the recording, or if you must change the time for the examination or if you must cancel it, please inform us as soon as possible by phone (number 050 433 4648). Our calling time is Monday to Friday between 9 and 12 AM. Patients are queuing for cardiorespiratory night polygraphy examinations, and we really want to use every time slot available. We appreciate your understanding.

Purpose of the Examination

The purpose of the night polygraphy performed at home is to study possible pauses in breathing, partial upper airway obstruction, and rhythmic feet movements during sleep.

Preparing for the Examination

- You should try to sleep as regularly as possible for a week before the examination, and avoid consuming large amounts of alcohol. You should not drink any alcoholic beverages on the examination evening.
- You should take any regular medication normally.
- Because the equipment measures breathing from the nose, we recommend you contact the department of clinical neurophysiology if you contract the common cold just before the study and cannot breathe through your nose.
- For the device installation visit, please bring along a T-shirt and short underpants to wear during the recording night. The device is attached on top of your T-shirt, so you will not be able to change your shirt before morning. The device is hidden quite well, if you wear a jacket or a loose shirt on top of it.
- It is not recommended to use tights because of the measurement sensors attached on your feet. If you wear long underpants, put first on short underpants to wear under the long ones.

Examination Process

The examination equipment is attached in the hospital in the afternoon before the examination night. You will be given instructions about attaching the sensors on your face and your finger, and you can place them at home just before going to sleep.

The preparations take about half an hour, after which you can go home with the equipment. You can move relatively freely during the examination. The device will not really affect your daily life, but you should not exercise or take part in sports that cause sweating. You will not be able to take a shower or visit a sauna, either.

You can sleep normally in your own bed during the recording night. Your bedroom should be quiet and calm. The examination will not affect your normal sleep remarkably. You can turn around and choose your sleeping position normally during the examination night.

The equipment records your breath, heart rate, position, leg movements, sounds, and blood oxygen saturation. Please notice that the audio recording begins when the device is turned on in the evening.

Please return the device to the unit the next morning by 9 am.

When you return the device, please hand in the filled in questionnaires given to you when the device is installed. You can take off the recording sensors and equipment at home by yourself.

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 in turn inform you of the examination results and any possible follow-ups.



Picture: The attached sleep recording equipment.

Some patients attach the device themselves at home. There is an instructional video on how to do this in Finnish at <https://hoito-ohjeet.fi> Type the word *unirekisteröinti* in the search field, then select: *Yöpolygrafialaitteen kiinnitys (unirekisteröinti) video*