

Polysomnography home recording

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

- Please **keep track of your sleep in the attached sleep diary for two weeks** before the examination and hand in the diary when arriving to the examination.
- You should try to sleep as regularly as possible. If you work in shifts, try to arrange a day shift for the week before the examination, so that your sleep pattern is as regular as possible when the examination begins.
- 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.
- You can remove any possible makeup before coming in for the examination, because you will not be able to wash your face after the sensors have been attached.

Dressing up for the examinations

- After the sensors have been attached, you cannot pull any clothing over your head. It is therefore recommended to wear, for example, a T-shirt you can sleep in in advance. Any other clothing should be openable from the front, so that they are easy to take off and put on during the examination. If necessary, you can borrow a long-sleeved hospital shirt that can be opened from the front, from the examination unit.
- Due to sensor attached to the legs, it is not recommended to use pantyhose. If you are wearing long-legged pants, please wear short pants underneath.
- You can wear a loose hat, cap or a scarf on your head if you wish to cover the sensors attached to your head.

Examination Process

Attaching the sensors takes about an hour. You can go home with the device after this. The examination lasts overnight from the device installation to the next morning.

The sensors are attached to your scalp with a water-soluble paste. Some of the sensors are attached to your skin with tape. A loose mesh cap is placed on your head to protect the sensors. The sensors are attached to the portable recording device. The device is attached on top of your T-shirt. You will be handed a questionnaire about your sleeping and tiredness at the beginning of the examination.

It is recommended to store your mobile phone more than three metres away from your bed during the examination night. Also Bluetooth devices may disturb the examination.

You can move relatively freely during the examination. The device will not affect your daily life by much, but you should not exercise or take part in sports that cause sweating. You should not take a shower or visit a sauna, either. The examination is painless and it does not remarkably affect your normal sleep. You can turn and choose your sleeping position normally during the examination night.

While attaching the device, we will agree on a time when the device turns on and starts recording, together with you. Please notice that the audio recording begins when the device is turned on in the evening. The electrical activity of your brain, your eye movements, your muscle tension, your heart rate, your position and movement, and your blood oxygen saturation are recorded during the examination.

After the Examination

We will agree on a time next morning when you will return the device to the examination unit to end the examination. At the same time, you should return the sleep questionnaire given to you in the evening. The sensors are detached by moisturising them with water. Possible residue from the paste will be washed away when you next wash your hair.

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.