

## Adult polysomnography at the sleep laboratory

**Polysomnography (PSG)** is an examination used to clarify disorders during sleep and sleep quality. The examination is performed at the clinical neurophysiology ward of Jorvi Hospital in a single room where the patient sleeps all night. The examination is recorded and it measures respiration, electrical activity of the brain, muscle activity, blood oxygen concentration, snoring, heart rhythm and body movements.

### How to prepare for the examination

Please bring with you to the examination:

- Your completed sleep diary and sleep survey. Start filling in the sleep diary two weeks before the examination.
- A shirt you feel comfortable wearing when sleeping. The recording device and measuring sensors are attached over the shirt.
- Other things you need for your overnight stay.
- The medication you take regularly and when necessary.
- A packed evening snack and breakfast. Our ward does not serve evening meals or breakfast. You have a refrigerator and a microwave oven at your disposal.

R-kioski at Espoo Hospital is open on weekdays from 7 a.m. to 9 p.m. and the Jorvi Hospital café from 7 a.m. to 7 p.m.

Please wash and dry your hair before the examination. Do not use any hair styling products. Do not apply cream on your face or legs.

Avoid taking naps for 24 hours before the examination. Do not consume coffee, tea, cola or energy drinks more than usual.

You may take any medications that you take regularly. Temporary use of tranquilizers and sleeping medications should be avoided on the night of the test (unless the doctor supervising the test has instructed differently).

If your breathing is encumbered by flu, for instance, the test should be postponed until you have recovered.

### Examination

When you have arrived at the ward, the nurse will attach the measuring electrodes and sensors to your head, face, chest and legs. The electrodes and sensors are connected to a small measuring device that stays with you all night long. Recording begins when you go to sleep. The nurse monitors the recording from another room and will repair the electrodes and sensors during the night if necessary. You can move freely in the room during the recording and go to the toilet, for example.

### After the examination

After you have woken up in the morning, the nurse will remove the examination device and the electrodes. Some water-soluble fastening paste will remain in your hair from the electrodes attached to the head area. If you so wish, you can wash this off in the ward shower.

You will receive the results of the examination from the doctor who treats you. If you do not know how to find out the results, please contact the outpatient clinic or ward that referred you to this examination.

### Other things to note

Please take your Kela-card or identification with you.

You will not be charged for the examination separately.

Cancel the appointment if you cannot come. If you do not cancel, you will be charged a fine.



You will receive the results of the examination from the doctor who treats you. If you do not know how to find out the results, please contact the outpatient clinic or ward that referred you to this examination.

### **Patient Instructions**

3 (3)

HUS Medical Imaging Center  
Clinical Neurophysiology

[www.tutkimukseen.fi](http://www.tutkimukseen.fi)

### **Other things to note**

Please take your health insurance card (Kela card) or identity card with you.

You will not be charged for the examination separately.

Cancel the appointment if you cannot come. If you do not cancel, you will be charged a fine.