

## Ambulatory polysomnography at home and how to prepare for it

**Extensive sleep study (ambulatory extensive polysomnography)** is an examination used to study disorders during sleep and sleep quality. The examination devices will be attached to you at the Clinical Neurophysiology (KNF) Unit, but the actual registration will take place in your home at night while you sleep. Return the device to the Clinical Neurophysiology Unit on the following day.

### How to prepare for the examination

Please reserve 1 to 2 hours for picking up the device. During this visit, the device will be hooked up and you will be taught how to use it. Please wash and dry your hair before you come to pick up the device. Do not use any hair styling products.

Please bring with you:

- The sleep diary, filled out, if you received one.
- A shirt you feel comfortable wearing when sleeping. The recording device and measuring sensors are attached over the shirt.
- Electrodes will be attached to your head, so please also bring a scarf or a hat to protect them.
- If you wish, a family member or other support person may accompany you.
- Your CPAP device (for treating sleep apnea), if you have one.

You can take your regular medication as usual. Do not take any temporary sedative or sleep medication on the night of the registration (unless the doctor who referred you for this examination has instructed you otherwise). If you have difficulty breathing, e.g. due to a cold, reschedule the examination.

### Examination

The registration will take place in your home while you sleep. Data will be recorded into a small portable device. The registration device and the sensors attached to you measure your breathing, snoring, blood oxygen level, and movement, among other things. The electrodes attached to your head and face monitor the electrical activity in your brain, eye movement, and muscle tension. You will also receive an actigraph device that measures movement. It is worn on the wrist like a watch.

Remove the registration device, the sensors, the electrodes, and the actigraph device at home the next day and return them to the Clinical Neurophysiology Unit.

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Tunniste: 2627

## **After the examination**

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.