

## Children's limited polysomnography at home and preparations

### Home sleep apnea test

**(cardiorespiratory polygraphy)** is a test used to analyze sleep disorders, such as interrupted breathing or apnea. The test measures variables such as breathing, snoring, oxygen content of blood and sleeping positions.

To do the test, you need to pick up a device from the clinical neurophysiology ward (kliininen neurofysiologia, KNF, in Finnish) in New Children's Hospital. The actual recording takes place at home the following night while the child sleeps. In the morning after the test, you return the device to the clinical neurophysiology ward.

### Collecting the device and preparing for the study

Reserve approximately 30-60 minutes for collecting the device and receiving instructions on how to use it. Come together with the child.

- The child will put on the device on their own or with help before going to sleep
- If you wish, the device can be set up already when you pick it up. In this case, bring with you a T-shirt the child will wear while they sleep. The device will be attached to the shirt.
- The child may not exercise while wearing the device and it must not get wet.

### Test night

- Put the device on the child in the evening before they go to sleep.
- The recording will start automatically. This means that you cannot change the test night to another at home.
- Take off the device in the morning when the child is no longer going back to bed.
- The child may take all regular medications normally.

### Returning the device in the morning

**Return the device in the morning after the recording at the agreed time** to the KNF ward at New Children's Hospital. The child doesn't need to be present for the returning.

### Postpone the study if:

- The child has trouble breathing due to a temporary condition, such as flu
- The child is not able to sleep in the normal manner on the night of the study
- You are not able to return the device in the following morning

Contact the clinical neurophysiology ward in advance if you have further questions.

### After the examination

You will receive the results of the examination from the doctor who treats the child.

If you do not know how to find out the results, please contact the outpatient clinic or ward that referred the child to this examination.

### Other things to note

Please take the child's Kela-card or identification with you.

You will not be charged for the examination separately.

Cancel the appointment if you cannot come.

### Picture of the recording device

