

Home sleep apnea test and Preparation

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, sleeping positions, and oxygen content of blood.

To do the test, you need to pick up a device at the clinical neurophysiology ward (klininen neurofysiologia, KNF, in Finnish). The actual recording takes place at home the following night while you sleep. In the morning after the test, you return the device to the clinical neurophysiology ward.

Individual or group instruction

If you received a letter in which you are asked to book an appointment online or by calling our customer service:

- you can choose between individual or group instruction
- group instruction is a shared instruction session with 3 to 4 people

If an appointment has already been booked for you, your appointment letter will state whether you have a group or an individual appointment.

Do not book a group appointment if:

- You are not fully fluent in Finnish
- You are not able to attach the device without an assistant
- You are a carrier of drug-resistant bacteria
- You do not consent to other patients being present at the session

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. During this session, you will be shown how to wear the device and the sensors attached to it.

- The device can also be attached and left on you already at the appointment, if necessary. (This does not apply to group sessions, however.)
- You may not exercise while wearing the device and you must keep all parts dry.

If you think that you are not able to attach the device on your own, someone who is able to assist you at home may accompany you to the instructional session. Please note that assistants are not allowed to participate in group sessions.

Test night

- Put on the device in the evening before you 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 you are no longer going back to bed.
- You may take all regular medications normally.

Returning the device in the morning

- **Return the device in the morning after the recording by 9 a.m.** to the location specified by the instructor. The device can also be returned by someone else on your behalf.

Postpone your study if:

- You have trouble breathing due to a temporary condition, such as flu
- You are not able to sleep in your 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.

Commit to the study

Due to high demand for tests, we cannot book a new test for you if:

- you do not come to a scheduled appointment
- you do not wear the device in its entirety
- you remove parts of the device during the night

After the study

You will receive the results from your attending physician.

If you are not sure how you will receive the results, please ask for more information at the outpatient clinic or ward that referred you to the study.

Please note

Bring your Kela or identity card with you.

The study is not subject to a separate fee.

Cancel your appointment if you are unable to come.

If you do not cancel your appointment and do not show up, a penalty fee will be charged.

Watch a video on the overnight sleep recording (with English subtitles) at:

YouTube > HUS Diagnostiikkakeskus >

- Tutkimukset minuutissa:
Unitutkimukset - Yöpolygrafia
- Suppea yörekisteröinti

Picture of the recording device

