

Newborn daytime Polysomnography (extensive) and how to prepare for it

Polysomnography, also called a sleep study, records the EEG (brain waves), the oxygen level in your blood, heart rate and breathing, as well as eye movements during sleep. The examination will cause no pain.

Before the examination

To achieve a good electrode contact, hair and skin should be clean and dry (no oil should be applied).

Clinical Neurophysiologic nurse is responsible for the technical success of the study. Parent's or child's nurse's role is to take care of basic needs and care of the child. Daycare should be provided for siblings for the duration of the examination.

During the examination

The child may sleep according to their normal sleep rhythm the night before the examination. In the morning of the examination day arrive to the ward as scheduled. If possible the child should be kept awake on the way to the examination. Electrodes with cords will be attached on the child's head and skin. In addition the child's breathing will be measured with respiratory effort belts and nasal cannula. An adhesive electrode will be attached on the child's instep to measure blood oxygen levels and pulse.

Sleep during the daytime will be registered continuously as long as possible. The examination will end by 15.00 afternoon at the latest. Nurse will monitor the sleep study and fix the electrodes if necessary.

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

There is an option provided for the parents to keep their eatables in the parental room, with a fridge, a microwave, a kettle and a coffee maker for use.

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.



Patient Instruction

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HUS Medical Imaging Center

Clinical Neurophysiology

www.tutkimukseen.fi

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