

Pediatric Polysomnography (PSG) and how to prepare for it, Jorvi

Polysomnography, also called a sleep study, is an overnight painless examination that records breathing, EEG (brain waves), muscle activity, as well as the blood oxygen level. The examination is painless and is performed at the department of clinical neurophysiology in the Jorvi Hospital.

Preparing for the examination

Please bring with you to the examination:

- A shirt you feel comfortable wearing when sleeping. The recording device and measuring sensors are attached on the shirt.
- Other things you need for your overnight stay.
- A packed snack if needed. Our ward does not serve any meals. You have a refrigerator and a microwave oven at your disposal.
- The medication you take regularly and when necessary.

The child must have had an evening meal already before coming to the examination, because we start preparations for the examination immediately after arrival. To ensure good electrode contact, the patient`s hair must be clean and dry (no gel, hair spray, or oil).

Our nurse is responsible for the technical success of the study. The child must have one parent with them. The role of the parent is to support the child and make them feel safe. There is a bed provided for a parent in the examination room.

Examination

The child may sleep according to the normal sleep rhythm the night before the examination. On the evening of the examination arrive to the department of clinical neurophysiology as scheduled.

Before the study, electrodes will be attached on the child`s head and skin. These preparations take about an hour. After that the child can go to sleep.

Sleep is recorded continuously as long as possible. The nurse will monitor the examination from another room. If needed, the nurse will come and fix any detached or poorly connected electrodes during the night.

The examination will end at the latest by 7 am next morning and all the electrodes will be removed.

After the examination

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

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

Please note

Please bring with you your child's Kela card or identity card.

Cancel the appointment if you cannot come.

Please see the video on polysomnography

(English subtitles available):

YouTube.com > Search:

Lasten laaja unipolygrafia

(Routines for the examination may be different in Jorvi hospital.)



Patient Instructions

3/2

HUS Medical Imaging Center

Clinical Neurophysiology

www.tutkimukseen.fi

Date of entry: 4.3.2024

Language versions: Lasten unipolygrafia (PSG) ja siihen valmistautuminen, Sömnregistrering (polysomnografi) för barn och förberedelser inför undersökningen, Paediatric Polysomnography (PSG) and how to prepare for it.

Tunniste: 9754