



Instructions for patients

SLEEP EXAMINATION – Nocturnal polygraphy, ambulatory

Purpose of the test

The purpose of this test is to examine the way your body functions when you sleep and to diagnose any breathing disorders (sleep apnoea, snoring) and movement disorders (restless legs, a nocturnal limb movement disorder).

Course of the test

You will perform the test at home with the help of a small device attached to your chest. The device registers respiratory airflow, snoring, heart rate, respiratory movements of the chest and diaphragm, leg movements, sleeping position and blood oxygen level (oxygen saturation). The blood oxygen level is measured by means of a finger sensor, so you should not wear any artificial nails or nail polish during the test. The test is painless and will not disturb your sleep to any significant degree. You can move around normally while wearing the device.

Preparations

Try to sleep as regularly as possible and avoid using alcohol for a week before the test. You may take your prescription medication as usual.

You will need to collect the device from Suomen Neurolaboratorio. A nurse will teach you to use the device and provide you with the test supplies and instructions you need. This guidance session takes about 30 minutes. At home, please put on the device in good time before going to bed.

After the test

You should take off the device at home after the registration is complete and return it to Suomen Neurolaboratorio.

A specialist will prepare a statement on the test.