



Instructions for Patients of Varha's Health Centers

NIGHT POLYGRAPHY (home-based study during sleep)

Booking Appointment

Book your night polygraphy appointment primarily through the electronic booking system at www.neurolaboratorio.fi – MAKE AN APPOINTMENT. If there are no suitable times available online, you can also book by phone at 02-4140 800 (phone booking on weekdays from 9 AM to 3 PM). When booking, ensure you select the correct location and the appropriate study. The study will always be conducted on the night following the booking day.

Locations

Patients from Turku and nearby areas should visit the Neurolaboratorio Turku office (Kauppiaskatu 8, Turku). Patients living near other health centers can also book appointments at other regional health centers (Salo, Loimaa, Uusikaupunki) through the same electronic booking system or opt for convenient home delivery of the night polygraphy device (Matkahuolto or PostNord package point). The shipment includes all necessary instructions.

Purpose of the Study

The purpose of the study is to assess body functions during sleep, including possible respiratory issues (sleep apnea, snoring) and movement disturbances (restless legs, nocturnal limb movements).

Preparation

Familiarize yourself with the equipment installation video at www.neurolaboratorio.fi - nocturnal polygraphy. The same website also has a "frequently asked questions" section.

Sleep as regularly as possible during the week before the study and avoid alcohol. Continue to take any prescribed medications as usual.

Pick up the device from Neurolaboratorio (Turku), the nearest post package point (Salo, Loimaa, Uusikaupunki), or from the nurse's reception if you are unable to set up the device yourself (all locations). Put on the device well before bedtime according to the instructions provided with the equipment.

Course of the Study

The study is conducted at home using a small device attached to your chest with sensors. The device records breathing, snoring, heart rate, leg movements, sleep position, and oxygen saturation. The device will record sound during the night to assess snoring. Oxygen saturation is measured using a finger sensor, so no artificial nails or nail polish should be used during the study. The study is painless and does not significantly disturb your sleep. You can move normally with the device on.

After the Study

Return the equipment on the morning following the recording night. A specialist will provide a report on the study. Schedule an appointment with your own doctor to discuss the results and further treatment.