

Health and Medical Services
Diagnostics Centre
Neurophysiology Examination Unit

14 June 2023

Polygraphy (PolAmb), home recording

Purpose of the examination

A basic nocturnal polygraphy investigates breathing during sleep, sleep disorders and other sleep phenomena.

Preparing for the examination

You must keep a detailed sleep diary (appendix) for two weeks prior to your examination. Please bring it with you to your appointment, because it provides additional information for the examination. The week before the examination, you should try to keep your sleep routines as regular as possible and avoid alcohol. You should take your medication at home according to the instructions, unless otherwise stated by the doctor in charge of your treatment.

The device is placed on top of the shirt, so please wear e.g. a T-shirt and short underpants to sleep in during the recording night. The oxygen level of your blood will be measured from your finger, so please make sure that you are not wearing artificial nails or nail polish. If you have difficulty breathing, for example because of the flu, your examination should be postponed until you are healthy again.

Execution of the examination

An appointment is booked for you at our unit for the afternoon preceding the examination night. Nurse will program the recording device, instruct you on its use and **install** the sensors required for the recording. The examination measures breathing, heart rate, blood oxygen level, sleep posture and leg movement. The sensors installation will take about half an hour.

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You sleep at home during the examination night. The examination does not usually disrupt sleep. The use of alcohol on the evening of the examination is prohibited.

You can remove the measuring sensors and device on your own at home the following morning. Please return them to our unit by 10:00.

The doctor will prepare a statement on the examination to be submitted to the unit that requested the examination. This unit will inform you of the examination results and any further action required.

Examination location

The Neurophysiology Examination Unit is located on the second floor of Building Y, above the main entrance of Building Y and Info Y (elevators 41 and 42).

Our unit is open during office hours, tel. +358 (0)6 415 4723.

Note! A penalty fee may be charged for a missed examination appointment that has not been cancelled.

Our unit's website (in Finnish):

<http://www.hyvaep.fi/palvelu/neurofysiologia/>

Welcome!