

Polysomnography (PSG)

A PSG (or sleep study) is a recording of the electrical activity of your brain as well as your respiratory movements, limb and eye movements, heart beat, airflow and blood oxygen saturation while you are asleep during an overnight stay in the sleep lab. We record several squiggly lines which represent the function of each of these factors.

PSG's are performed for many reasons, including:

- Sleep Apnea
- Restless Leg Syndrome
- REM Behaviour Disorder

Prior to your test

- You will be sent an information packet with detailed instructions. Please call the lab if you have not received your packet before your appointment, 250-862-4334. You can also print off the questionnaires by clicking the links on the right side of the page.
- There are a few questionnaires in the packet you need to complete before you arrive.
- Bring the completed packet with you to your appointment!
- Make sure you have most of your bedtime routine done before you arrive (hair and face are clean and product free, teeth are brushed, etc)
- Bring a book or magazine to read while you wait to be set up.
- Bring pyjamas or other comfortable sleeping attire.
- Bring your pillow (if you prefer).
- Bring slippers, housecoat and toiletries (if you prefer).
- Bring your CPAP mask and headgear (if you have these already). **Do Not** bring your CPAP machine.
- Bring all your medications in their original bottles.
- Do NOT nap on the day of your test.
- Do NOT consume alcohol on the day of your test.
- Do NOT consume caffeine (Cola, chocolate, coffee, tea) after 2pm the day of your test.
- Do NOT take any medications that help you sleep, bring them with you, and the technologist will let you know what you can or can't take.

During your test

- The technologist will ask you questions about why you have been referred.
- The technologist will apply some electrodes to your head using special glue that will be removed in the morning.
- We will also apply several respiratory monitors and belts as well as some electrodes to your legs to monitor movements.
- You will then get to sleep in a bed in the recording room overnight, while the technologist monitors the recording from another room across the hall.
- If the technologist deems it appropriate, she will come into the room halfway through the night to put a mask on you connected to a machine that will hopefully help you breathe easier and then let you go back to sleep and monitor any changes to your sleeping patterns.

How long does it take?

A PSG appointment starts at 9:00 pm and you leave in the morning usually between 6:00-6:30 am; about 9 hours in total.

After your test

- In the morning, the technologist will wake you up between 5:00 - 5:30 a.m, disconnect you from the monitors and clean you up.
- You will complete a Morning Questionnaire and then you are free to go home.
- The technologist prepares your recording for the interpreting physician who is specialized in polysomnography.
- A report is typed up and distributed to the appropriate physicians.