



Sleep Study (Polysomnography)



Overview

This test shows us what happens to your body and mind when you sleep. It can help identify sleep disorders. Most sleep studies are done in a sleep lab. But some may be done at home. Studies done in a sleep lab usually require an overnight stay.

What happens during the test?

What happens during the study? You'll have several sensors stuck to your skin. These go on your face, head, chest, limbs and a finger. The sensors link to a computer that captures a wide range of data. The sensors record things like your brain waves and heart rate. They record your breathing rate and oxygen levels. They also record the movement of your muscles.

Monitoring

Along with the sensors, a camera and a microphone in the room record you as you sleep. Specialists will watch closely to make sure you're safe and comfortable. In most cases, a single night of data is all that's needed to diagnose your issue.

Conclusion

After your test, a doctor will review the results of your sleep study. If you're having an issue like sleep apnea, sleepwalking, insomnia or restless legs syndrome, the test will help them identify the problem and create a care plan for you. To find out if you could benefit from a sleep study, talk to your doctor.