

Type of Sleep Study	Parameters
Type I—Polysomnogram	Continuous monitoring. Done at a lab 7 Channels or more: Cardiac rhythm rate: EKG Oxygen saturation: SPO2 Stages of sleep/wakefulness: EEG Nasal/oral airflow Chin/limb movement (EMG) Chest/abdomen movement Snoring detection
Type II—Polysomnogram	Same parameters as type I but un-attended Also done at a sleep lab
Type III—Portable home sleep apnea testing devices	HSAT fall under type III Could be used at home or hospital 4–7 channels except EEG Variable based on device technology Atleast 2 respiratory sensors (flow, effort) EKG, SPO2
Type IV—overnight pulse oximetry, high resolution pulse oximetry	1 or 2 channel usually pulse oximetry and EKG. No respiratory flow information

EKG, electrocardiogram; SPO2 pulse oximetry; EEG, Electroencephalogram; Electromyogram EMG; HSAT, home sleep apnea testing.

Sleep Eazzzi

Peretz Lavie



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