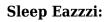
Type of Sleep Study	Parameters
Type I—Polysomnogram	Continuous monitoring. Done at a lab
	7 Channels or more:
	Cardiac rhythm rate: EKG
	Oxygen saturation: SPO2
	Stages of sleep/wakefulness: EEG
	Nasal/oral airflow
	Chin/limb movement (EMG)
	Chest/abdomen movement
	Snoring detection
Type II—Polysomnogram	Same parameters as type I but un-attended
	Also done at a sleep lab
Type III—Portable home sleep ap- nea 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 oxime-	1 or 2 channel usually pulse oximetry and
try, high resolution pulse oximetry	EKG. No respiratory flow information

Sleep Eazzzi

Anthony Glenn



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