

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

Tzivia Gover



Sleep Eazzzi:

Unveiling the Magic of Words: A Review of "**Sleep Eazzzi**"

In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is actually awe-inspiring. Enter the realm of "**Sleep Eazzzi**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

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