

# Polysomnography (PSG)

## Sleep Study

A sleep study or Polysomnography (PSG) is a test that records several physical changes in your body while you sleep. The word Polysomnography can be broken down. “Poly” means “many”, “somnia” means “sleep”, and “graphy” means “writing or to record”. Therefore, putting it together, polysomnography means we record many things in sleep.

## What happens during the sleep study?

During the sleep study you will have sensors attached that are taped or pasted to you to monitor your body while you sleep. (See picture below labeled A). A sleep technician will stay awake all night while you sleep to make sure that you are safe and also to monitor your sleep. They and the recording equipment will be in a room separate from your sleeping room.

## What is the study measuring?

- Brain waves
- Heart rate
- Oxygen levels
- Breathing
- Leg movements
- Video monitoring

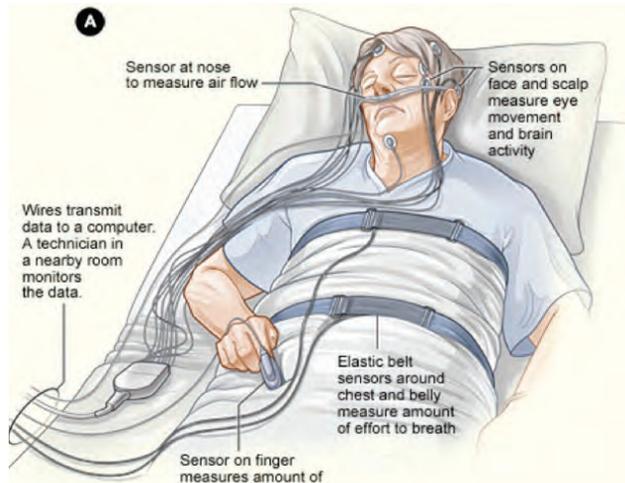


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## Your experience

A complete sleep study can consist of two parts. The first part is the diagnostic evaluation. The diagnostic evaluation is simply gathering data to evaluate how you are sleeping. If a breathing problem is seen during your study, the technician may awaken you in the middle of the night. With your approval, the technician may ask you to try a device that treats breathing problems during sleep. In most cases, both parts can be done during the same sleep study. However, for some it may take two or more sleep studies to obtain all the information. A sleep study is painless and lasts 8-10 hours (a full night's sleep).

*Our goal is to provide you with exceptional service so if we aren't meeting this, please let us know. Thank you for choosing the sleep centers of Froedtert & The Medical College of Wisconsin.  
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