

# Polysomnography (PSG)

Polysomnography (PSG) or Sleep Study is a diagnostic test for sleep-related breathing disorders. During PSG, the patient sleeps while connected to a variety of monitoring devices that record the changes data of sleep pattern. PSG is most commonly used in the diagnosis of obstructive sleep apnea syndrome (OSAS), and evaluating other sleep disorders that can exist without OSAS.

## What is Polysomnography (PSG) for?

Your doctor will order a PSG if he or she thinks you have sleep apnea or a different condition. Examples of other sleep-related conditions include those that make you:

- Have an uncomfortable feeling in your legs when you try to fall asleep, or sudden jerking leg movements while you sleep
- Feel very sleepy during the day and fall asleep all of a sudden
- Do odd things while you sleep, such as moving your arms and legs, shouting, or walking

## How is the test conducted?

Before you go to sleep, a technician attaches small, sticky patches called “electrodes” to your head, chest, and legs. A small tube will be placed beneath your nose and 2 belts will be wrapped around your chest and abdomen. The sleeping room is usually equipped with an infrared camera that allows the technician to see you without entering the room. Physiologic variables are recorded digitally on a computerized system while you sleep and during any intervening wakefulness.

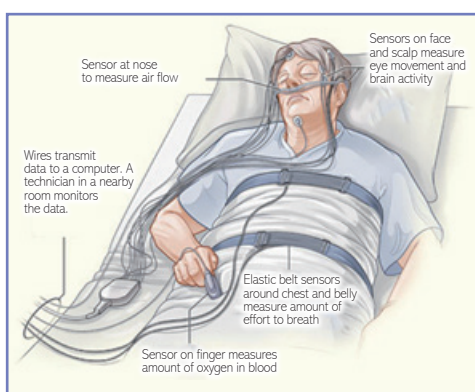


Photo credit: <http://www.sleep-apnea-guide.com/polysomnogram.html>

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## How should you prepare for the test?

1. Maintain normal daily activities and avoid taking naps (unless it is part of your usual routine) on the day of your PSG.
2. Avoid consuming food and beverages containing caffeine such as coffee, tea and coke after lunch. Limit your water intake after dinner.
3. Do not have alcoholic beverages within six hours of your bedtime.
4. Take a shower/bath, wash and dry your hair before your PSG. Please do not use any hair products such as gels and wax.
5. Remove nail polish, nail stickers or other decorations on your fingernail and do not wear any make up.
6. Take all of your regular medicines, unless your doctor tells you not to. Inform your doctor if you are under any medication and the prescribed dosage. Do not take sleeping pills as sleep enhancing medication may affect the outcome of your study unless instructed by your doctor.
7. Wear comfortable clothes for the PSG. Shirt which opens in the front is most preferable. The hospital offers a set of pyjama and basic toiletries during your overnight stay.
8. Pacemakers, defibrillators and other assistive devices are usually not contraindicated to the test.
9. If you have active respiratory infections with significant nasal congestion and coughing, you should reschedule after recovered.
10. If you have acute pain treated with high-dose opioids that you do not usually take, you should reschedule.

## Care after the procedure

- Once you are fully awake, you will be disconnected from the test machine.
- The data collected from the test will be interpreted by a specialist and the report will be sent to your doctor directly. Please follow the discharge and follow up plan as instructed by your doctor or nurse.

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# 多頻道睡眠分析檢查 (PSG)

多頻道睡眠分析檢查 (PSG) 或睡眠檢測是一項診斷睡眠呼吸失調的測試。測試記錄儀器和不同功能的感應器會收集您的睡眠數據。PSG一般用作診斷阻塞性睡眠窒息症 (OSAS) 或其他非由 OSAS 引起的睡眠失調症。

## 多頻道睡眠圖檢查有什麼用途？

若你的醫生懷疑你有睡眠窒息症或狀況異常，便會安排你進行睡眠檢查，例如：

- 嘗試入睡時，雙腳出現不舒服的感覺；或者雙腳在睡覺時突然跳動
- 白天感到非常困倦，而且會突然睡著
- 睡覺時，會做出奇怪的事情，例如郁動手腳、大叫或走來走去

## 檢查如何進行？

睡覺前，技術人員會把感應器的小貼貼在你的頭部、胸部和腿部以收集睡眠數據。鼻子附近的感應器可以量度呼吸和氣流，同時亦在你的胸部和腹部繫上兩條感應帶以量度呼吸活動。用作睡眠測試的房間通常裝有紅外線攝錄機，讓醫護人員觀察到你的情況。睡眠或中途醒來期間，電腦系統都會記錄你的生理變化。

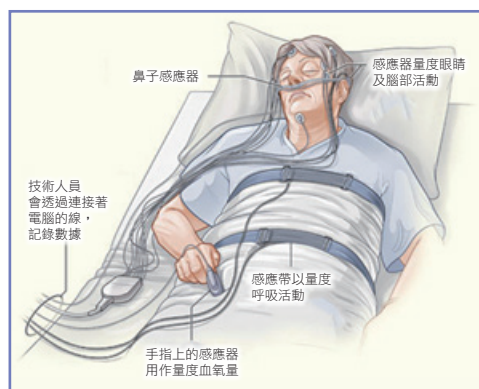


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## 你應該如何為檢查作準備？

1. 進行PSG檢查當天，保持日常活動及避免小睡（除非這是你日常會做的事）。
2. 午飯後不要享用含咖啡因的食物和飲料，如咖啡、茶和可樂；晚飯後，應盡量減少喝水，以減少夜間去洗手間的機會。
3. 睡前六小時內不要喝酒。
4. 進行PSG檢查前，請先洗澡、洗頭及把頭髮弄乾。請勿使用任何頭髮產品，如髮泥或髮蠟。
5. 不要化妝，並抹掉指甲上的指甲油、指甲貼或其他裝飾物。
6. 服用你所有的恆常服用之藥品，除非你的醫生指示你暫停服用。如果你正在服用任何藥物，請連同服用劑量通知你的醫生。除非有醫生的指示，否則不要服用安眠藥，因為促進睡眠的藥物可能會影響檢查結果。
7. 穿著舒適的睡衣。最好是開胸的衣服。在留院期間，醫院會提供睡衣和基本的洗滌用品。
8. 心臟起搏器、除顫器及其他輔助裝置一般不會影響測試結果。
9. 如患有呼吸道感染、如嚴重鼻塞、咳嗽，應把檢查改期，復原後才進行。
10. 出現急性痛楚而服用高劑量鴉片類藥物的患者，應等到停止服用藥物後才作測試。

## 檢查後的護理

- 當你完全清醒後便會拆除檢查儀器。
- 從檢查所收集的數據，將由專家分析，醫院會直接把你的報告發送給醫生。請依照醫生及護士的指示出院和作出治療。

### 撰寫：

明德國際醫院內外科部

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