

Title:

A Sleep Study - What to Expect

Word Count:

439

Summary:

This article describes in detail what you can expect during your sleep study or polysomnograph

Keywords:

sleep study, sleep apnea, sleep disorders, snoring, sleep problems

Article Body:

When sleep apnea is suspected a sleep study is recommended in most cases. It is a very good to

Multiple data channels will record certain physiological parameters taken from your sleeping b

A number of electrodes and other sensors will be attached to your head and chest, like during

When you show up in the lab you will learn all you need to know about the study, you will also

The only complication being that, as mentioned before, there will be several electrodes and se

Once you are in bed all the wires and tubings will be connected to the recording equipment. US

At any time if you need to leave the bed the study will be stopped and you will be allowed to

Most people who have sleep apnea are sleep depraved and fall asleep easily. There will also be

Once the study is over all sensors and electrodes will be deattached and you will be free to g

If the study reveals that you have sleep apnea your doctor will choose the best treatment opti

For more information on Sleep Apnea go to <http://www.the-sleep-zone.com/informationonsleepapnea>

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