

# Sleep Laboratory

The laboratory handles data from a wide spectrum: from electro-physiology during sleep and wakefulness, hormone levels in saliva, to functional capacity.

## Main parameters

### *EEG (Electroencephalography)*

- brain activity
- sleep (polysomnography)
- wakefulness (Holter)

### *EOG (Electroculography)*

- during sleep and wakefulness
- eye activity measures
- wakefulness

### *ECG/HRV (Electro cardiogram and heart rate variability)*

- sleep during controlled situations
- Holter recording

### *EMG (Electromyography)*

- muscular activity during sleep and wakefulness:
- tibialis
- submental
- trapezius

## Approximate cost examples

*Full PSG recording Equipment costs 3000 SEK  
Use of laboratory facilities ca 5000 SEK/day*

### *Staff*

400-1000 SEK/started hour  
(PSG, scoring of EEG, Actigraphy, etc)

### *Holter ECG/HRV*

(Call for offer)

### *Use of stress laboratory,*

(Call for offer)

### *Education (Call for offer)*

VAT is not included

## Other parameters

### *Blood pressure*

- in house and ambulatory (Holter)

### *Video recording analyses of*

- wakefulness

### *Neuropsychological testing*

- attention/vigilance
- memory
- executive function

### *Education*

- polysomnographic methodology
- sleep/wakefulness, health and function
- stress and sleep

## Contact

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## Stress Research Institute

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