



# 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

## 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

## Stress Research Institute

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## Ongoing studies

Work, stress and sleep: a study of sleep during high and low work stress in teachers and other white collar workers.

Evaluation of new non-invasive EEG measures, Helena Petersen and Torbjörn Åkerstedt.

Effects of electromagnetic fields (3G) on sleep, Arne Lowden and Lena Hillert.

## 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

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