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 (Electrocardiogram 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

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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