

# Sleep Study Levels



What are the differences between a Level 3, Level 2, and a Level 1 sleep study?

	Level 3 (Pharmacy)	Level 2 (ERSA)	Level 1 (In Lab)
At-home	✓	✓	-
In a lab/centre	-	-	✓
<b>OBSERVED BY</b>			
Technologist (RPSGT)	-	-	✓
<b>WHAT IT MONITORS</b>			
Breathing activity	✓	✓	✓
Snoring	✓	✓	✓
Airflow	✓	✓	✓
Oxygen levels	✓	✓	✓
Heart rate	✓	✓	✓
Brain activity	-	✓	✓
Muscle activity	-	✓	✓
Sleep quality (Onset time, efficiency, REM and non-REM, sources of disturbances)	-	✓	✓
<b>WHAT IT DIAGNOSES</b>			
Sleep apnoea	✓	✓	✓
Leg & body/PLMD	-	✓	✓
Narcolepsy* *(MSLT req. to complete diagnosis)	-	✓	✓
REM Sleep Behaviour Disorder	-	-	✓

# Level 2 Sleep Studies

## Benefits

### What are the benefits versus a Level 1 sleep study?

- No wait time for a sleep study in a lab
- Done from the comfort of your own bed, not a sleep lab.
- No travel or time off from work required.
- Private sleep without a Registered Polysomnographic Technologist (RPSGT) watching.

## Who is it right for?

### Who should have a Level 2 sleep study?

- Those who suffer from poor sleep but are not at risk for sleep apnoea, **or**
- Those who are unsure of the cause of their poor sleep, **or**
- Those who are uncomfortable with sleeping in a lab environment and/or under observation of a RPSGT.