## **Table of Contents:**

- 1. Polysomnographic Recording Technique
- 2. Electroencephalography for the Sleep Specialist
- 3. Sleep Stages and Scoring Technique
- 4. Sleep-Disordered Breathing and Scoring
- 5. Basic Circadian Rhythms and Circadian Sleep Disorders
- 6. Hypnogram Analysis
- 7. Sleep-Related Movements and Scoring Techniques
- 8. Cardiac Arrhythmias
- 9. Uncommon, Atypical, and Often Unrecognized PSG Patterns
- 10. Motor Disorders During Sleep
- 11. Sleep and Epilepsy
- 12. Sleep Dysfunction and Sleep-Disordered Breathing in Miscellaneous Neurological Disorders
- 13. Neuroimaging Techniques
- 14. Specialized Techniques
- 14A. Multiple Sleep latency Testing
- 14B. Actigraphy
- 14C. Recommendations for Practical Use of Pulse Transit Time as a Tool for Respiratory Effort Measurements During Sleep and Microarousal Recognition
- 14D. The Cyclic Alternating Pattern
- 14E. Peripheral Arterial Tonometry
- 14F. The Electrocardiogram-Spectrogram
- 15. Positive Pressure Titration
- 16. Oral Appliances and Surgical Techniques for Obstructive Sleep Apnea Syndrome Therapy

## 17. Pediatric Polysomnography

## **Appendix: Video Vignettes**

Vignette 1: Narcolepsy: Unequivocal Diagnosis After Split-Screen, Video-Polysomnographic Analysis of a Prolonged Cataplectic Attack

Vignette 2: Obstructive Sleep Apnea Associated With Cerebral Hypoxemia

Vignette 3: The Rapid Eye Movement Sleep Behavior Disorder Leading to a Subdural Hemorrhage

Vignette 4: Isolated Sleep Paralysis: An REM- "Sleep" Polysomnographic Phenomenon as Documented With Simultaneous Clinical and Electrophysiologic Assessment

Vignette 5: Confusional Arousals

Vignette 6: Sleepwalking

Vignette 7: Hypnagogic Hallucination

Vignette 8: Sleep Terrors