

Levels of Sleep Studies

Level 1

- ✓ Sleep lab
- ✓ Brain waves (EEG)
- ✓ Heart rate (ECG)
- ✓ Oxygen saturation
- ✓ 15–20 sensors
- ✓ Eye movements (EOG)
- ✓ Muscle activity (EMG)
- ✓ Respiratory effort

Level 2

- ✓ Sleep lab or home
- ✓ Brain waves (EEG)
- ✓ Heart rate (ECG)
- ✓ Oxygen saturation
- ✓ 10–15 sensors
- ✓ Eye movements (EOG)
- ✓ Muscle activity (EMG)
- ✓ Respiratory effort

Level 3

- ✓ Home
- ✓ Airflow
- ✓ Oxygen saturation
- ✓ 4–7 sensors
- ✓ Respiratory effort
- ✓ Heart rate

Level 4

- ✓ Home
- ✓ Oxygen saturation
- ✓ 1–2 sensors
- ✓ Heart rate

Turtles Sleep In Level 4

Terry C. Jones



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