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