

A review of the major changes suggested by the new Manual of the American Academy of Sleep Medicine in the polysomnography routine

Revisão sobre as principais mudanças sugeridas pelo novo manual da Academia Americana de Medicina do Sono na rotina da polissonografia

Rogério Santos-Silva

ABSTRACT

After an extensive literature review of sleep recording practices, the American Academy of Sleep Medicine recently published a new manual for sleep scoring and the recording of associated events in the routine sleep laboratory. This article presents and discusses the major changes that are suggested by the new manual compared to the recommendations previously practiced by most clinical and experimental investigators of human sleep.

Keywords: Sleep stages; Sleep/physiology; Electroencephalography; Polysomnography; Sleep disorders; Reference values; Practice guidelines as topic

RESUMO

Recentemente, após ampla revisão da literatura sobre as práticas de registro do sono, a *American Academy of Sleep Medicine* publicou um novo manual para escaramento do sono e marcação de eventos associados à rotina do laboratório do sono. O presente artigo apresenta e discute as principais mudanças sugeridas pelo novo manual em comparação à recomendação anteriormente praticada pela maior parte das investigações clínicas e experimentais do sono humano.

Descritores: Fases do sono; Sono/fisiologia; Eletroencefalografia; Polissonografia; Transtornos do sono; Valores de referência; Guias de prática clínica como assunto

Nearly 40 years after the publication of standardized terminology and the techniques of sleep recording and sleep scoring in adults by Rechtschaffen and Kales (R & K), in 1968⁽¹⁾, the American Academy of Sleep Medicine (AASM) has published a new manual for sleep scoring and the recording of associated events in the routine sleep lab⁽²⁾.

The first manual published by R & K had already suggested a later review of its contents, anticipating the scientific advancement in the field of sleep⁽³⁾. In addition, the previous manual involved only recording, scoring and char-

acterization of sleep in normal adults and was obviously based on the registration equipment available at the time. Abnormal sleep-related events, such as arousals⁽⁴⁾, periodic limb movements⁽⁵⁾ and respiratory events⁽⁶⁾, that were not included in that standardization, were instead discussed in several later publications derived from task forces of the former American Sleep Disorders Association and the AASM. The advance of sleep evaluation technology and the amount of available scientific information provided an opportunity for progress in the reviewing process of the characterization and measurement of sleep-related events.

In 2003, the board of directors of the AASM approved a proposal to develop a new manual for sleep scoring. This process initiated in 2004 with the establishment of task forces that would act to develop reference material and to provide support to the new manual⁽⁶⁻¹⁰⁾.

Based on the evidence in the literature and expert consensus, the major suggested changes involve rules, terminology and technical specifications related to polysomnography (PSG) recording and scoring.

Important suggestions in the new manual concern the quality of the PSG recording equipment; the manual recommends a minimum digital resolution of 12 bits per sample and gives an expected minimum sampling frequency for each evaluated variable. In addition, it includes descriptions of the suggested characteristics of the digital equipment, the rules for the display/manipulation used to visualize recording channels and the rules for the digital analysis of PSG recordings. Therefore, a polygraph used in the sleep laboratory routine should meet these recommendations to ensure the quality of the signal acquisition.

Another important change involves recording of the electroencephalogram (EEG), which is necessary for sleep

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