Sleep laboratory investigations: a review of patient referral guidelines
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Record Status
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Citation

Authors' objectives
The aim of this overview was to identify recommendations for the investigation of individuals in sleep laboratories, as made in guidelines prepared by professional bodies and to review the nature, quality and relevance of the evidence cited in support of these recommendations.

Authors' conclusions
The reviewed guidelines contain detailed information for health professionals. Many recommendations are supported by studies on sleep laboratory applications. The evidence for some applications is of limited quality and the cited studies are not always directly relevant to the recommendations made. Several recommendations reflect consensus positions and no evidence is cited in support. Evidence of relatively good quality was provided for the use of sleep laboratory examinations in obstructive sleep apnea, though recommendations on this application differed. Evidence supporting recommendations on sleep laboratory testing in relation to sudden infant death syndrome, insomnia, and depression and insomnias is also of reasonable quality and relevance. Further good quality studies of many sleep laboratory applications are needed.

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