

Holy Grail: Unobtrusive monitoring during sleep

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- polysomnography (PSG) is the gold standard procedure for sleep monitoring; by adding biophysical signals to the standard montage of polysomnography additional information on specific phenomena may be obtained
- increasing respiratory effort is the clue to arousal mechanisms in OSA patients; non-invasive measurement of respiratory effort may prove to be an invaluable clinical tool

- increase automatic procedures (e.g. classification)
- develop robust and reliable miniaturized sensors and analysis methods that are also unobtrusive and suitable for ambulatory use;
- efficient transfer of measured data from home to clinic;
- efficient technology to respond to incoming monitoring data.