

The  
**Sleep Technician's  
Pocket Guide**

**A Quick Reference Manual**

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## Patient Hookup

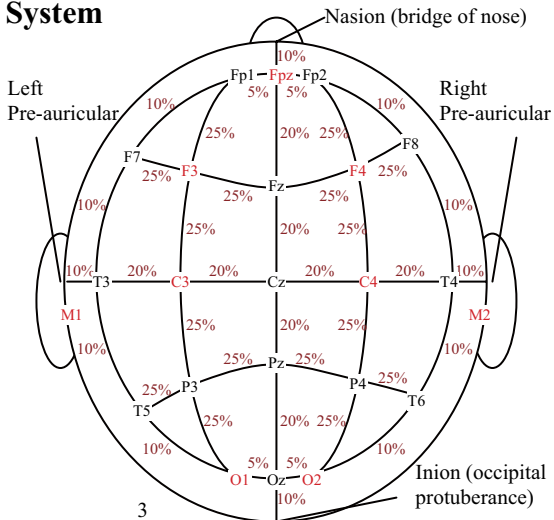
This section contains step-by-step information regarding patient hookup procedures. While electrode application processes may vary among

technicians, proper placement on the head and body remains a key to performing a quality sleep study.

## International 10/20 System

The following EEG electrode sites are used in a standard overnight sleep study:

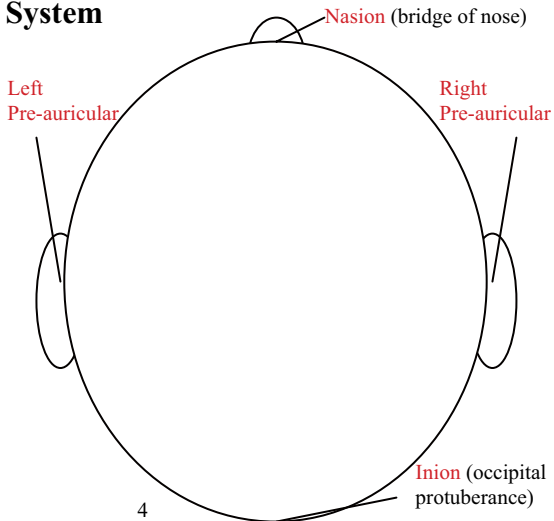
- F3
- F4
- C3
- C4
- O1
- O2
- M1
- M2
- FpZ



# International 10/20 System

## Step 1: Locate the 4 Landmarks

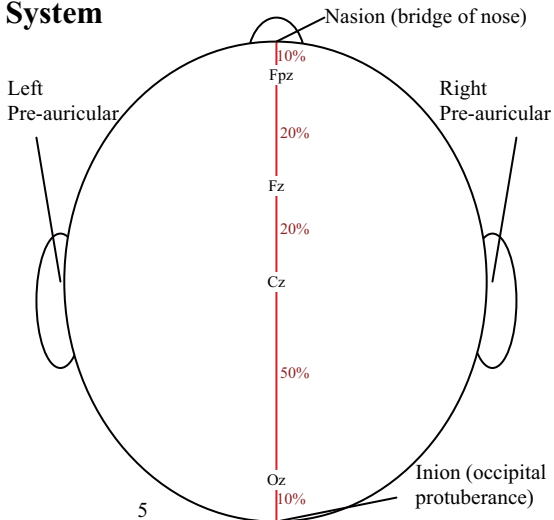
- The **nasion** is the bridge of the nose
- The **inion** is the most prominent point of the occipital bone
- The **pre-auricular points** are just in front of the notches in the middle of each ear



## International 10/20 System

### Step 2: Measure and Mark Between the Nasion and Inion

Measure the distance between the nasion and inion, across the top of the head. Mark 10% of the total distance in the front and back. Mark the halfway point (50%). Mark 20% down from the halfway point in the front.



## International 10/20 System

### Step 3: Measure and Mark Between the Pre-Auricular Points

Measure the distance between pre-auricular points with the tape through the 50% mark from step 1. Mark 10% up on each side. Mark the 50% point. Mark 20% down from the halfway point on the right and left sides.

