# Abbreviations

# Abbreviations

| **Abbreviation** | **Full Term** |
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| **AAC** | **A**lpha **A**ttenuation **C**oefficient |
| **AASM** | **A**merican **A**cademy of **S**leep **M**edicine |
| **ANOVA** | **A**nalysis of **VA**riance |
| **Cz** | **C**entral **z**ero Electrode |
| **DASS-21** | **D**epression **A**nxiety and **S**tress **S**cale - **21** |
| **DSM-5** | **D**iagnostic and **S**tatistical **M**anual - **5** |
| **DSM-5-TR** | **D**iagnostic and **S**tatistical **M**anual - **5**, **T**ext **R**evision |
| **ECG** | **E**lectro**C**ardio**G**ram |
| **EEG** | **E**lectro**E**ncephalo**G**raphy |
| **EDS** | **E**xcessive **D**aytime **S**leepiness |
| **EMG** | **E**lectro**M**yo**G**ram |
| **EOG** | **E**lectro**O**culo**G**ram |
| **ESS** | **E**pworth **S**leepiness **S**cale |
| **FFT** | **F**ast **F**ourier **T**ransform |
| **FFS** | **F**linders **F**atigue **S**cale |
| **HD-EEG** | **H**igh-**D**ensity **E**lectro**E**ncephalo**G**raphy |
| **ICA** | **I**ndependent **C**omponent **A**nalysis |
| **ID** | **I**nsomnia **D**isorder |
| **IQR** | **I**nter**Q**uartile **R**ange |
| **ISI** | **I**nsomnia **S**everity **I**ndex |
| **KDT** | **K**arolinska **D**rowsiness **T**est |
| **KSS** | **K**arolinska **S**leepiness **S**cale |
| **MRI** | **M**agnetic **R**esonance **I**maging |
| **MSLT** | **M**ultiple **S**leep **L**atency **T**est |
| **MWT** | **M**aintenance of **W**akefulness **T**est |
| **N1, N2, N3** | Sleep Stages **N**on-REM **1**, **2**, and **3** |
| **NREM** | **N**on-**R**apid **E**ye **M**ovement |
| **NRS** | **N**on-**R**estorative **S**leep |
| **PALM** | **P**ermutation **A**nalysis of **L**inear **M**odels |
| **PSG** | **P**olysomno**G**raphy |
| **PSQI** | **P**ittsburgh **S**leep **Q**uality **I**ndex |
| **PVT** | **P**sychomotor **V**igilance **T**ask |
| **Q-Q Plots** | **Q**uantile-**Q**uantile Plots |
| **REM** | **R**apid **E**ye **M**ovement |
| **RSQ-D** | **R**estorative **S**leep **Q**uestionnaire - **D**aily Version |
| **SnPM** | **S**tatistical **N**on-**P**arametric **M**apping |
| **SOL** | **S**leep **O**nset **L**atency |
| **SR** | **S**lowing **R**atio |
| **STOP-Bang** | **S**noring, **T**iredness, **O**bserved Apnea, high blood **P**ressure, **B**ody mass index, **A**ge, **N**eck circumference, **G**ender |
| **SWA** | **S**low **W**ave **A**ctivity |
| **TIB** | **T**ime **I**n **B**ed |
| **TST** | **T**otal **S**leep **T**ime |
| **WASO** | **W**ake **A**fter **S**leep **O**nset |