

Overnight sleep study

Information for patients, parents and carers



Department of Paediatric Respiratory and Sleep Physiology

What is a sleep study?

A sleep study measures various body functions while your child is asleep. We will measure how well your child sleeps, his or her breathing, heart rate and oxygen levels. It will involve one or more of the following being attached to your child:

- A soft probe wrapped around your child's finger or toe to monitor their oxygen levels
- Three sticky pads placed on your child's chest to measure their heart rate
- Two stretchy bands around your child's body- one around their chest and the other around their tummy to record breathing movements
- A small tube placed just inside their nostrils to monitor breathing
- A small sensor will be stuck to their chest or forearm to measure carbon dioxide levels
- A video recording will monitor your child's body position and movement and listen for snoring.

Why do I need a sleep study?

It is important to diagnose if your child is having sleep problems or problems breathing at night. Children have sleep studies for different reasons, including: to check for sleep related breathing disorders and to check the level of oxygen or ventilation needed.

What do I need to bring?

- Your child's admission letter
- **All** of your child's medication
- Overnight bag (Toy/toiletries/pyjamas or T-shirt and shorts – not a onesie)
- If your child is on CPAP (continuous positive airway pressure) or Bi-level ventilation, bring all their equipment (including the ventilation machine, mask, tubing, and humidifier)
- Any specific equipment your child uses at home and needs overnight (e.g. sleep system, feed pump, or hoist slings).

Where will I stay?

If your child is attending for a sleep study a parent/guardian **must** stay overnight with the child. The study will most likely be conducted in the Kildrummy Sleep Unit, in which case an adjoining room overnight is allocated for the accompanying parent/guardian. Alternatively the study may be conducted on the ward, in which case a fold-down bed will be provided next to your child.

Please let us know in advance if your child has any specific needs. Please also let us know if you are unsure of the arrangements when you call to confirm your attendance (**0131 312 1124**) and we will clarify these for you.

If your child's sleep study is booked to take place in the Kildrummy Sleep Unit, the unit provides a diagnostic investigation service and routine nursing care is **not** provided. It will be expected that all personal care throughout your child's stay will be done by the accompanying parent/guardian/carer. This includes: hoisting, manual handling, application of respiratory support and general personal care.

Food and drinks are available for your child during their stay but parents/carers need to provide their own or purchase on site at the restaurant or vending machine.

When do we need to arrive and leave?

The arrival time and location is stated in your appointment letter. Please arrive on time, otherwise your child's sleep study may be delayed or even cancelled.

The study will be stopped at approximately 7:00am. The sensors will be removed and your child will be given breakfast. The routine discharge time is 7:30am. There is a family sitting room available if you are waiting for transport. You may need to stay longer to see the doctor following your sleep study, or your child may be booked for additional tests in the morning. The staff will let you know when you can go home- please check with staff before you leave.

What happens before and during the sleep study?

When you arrive you will be shown to your bedroom. A member of staff will see your child, discuss the sleep study with you both and answer any questions you may have. At bedtime the staff will prepare your child for the study and put on all the sensors. A sleep study does not hurt and your child will get used to the sensors. Your child's study will be monitored overnight by the sleep unit staff.

When will I get the results of the sleep study?

A report will be sent to the doctor who requested the study and they should then contact you with the results either by letter, phone call or clinic appointment. If you have not heard within 4 weeks of the study date, and do not have a clinic appointment, then contact the referring doctor's secretary directly.

If you have any other queries, or are unsure about anything, please call the Sleep Service Coordinator directly on **0131 312 1124**, Monday to Friday, 8:30am to 4:30pm

