

## The Roald Dahl Neurophysiology and Respiratory Departments

### Overnight Sleep Study.

### Information for parents and carers

#### What is an overnight sleep study?

The study will monitor your child's breathing, breathing effort, body movements and measure levels of carbon dioxide in their body whilst your child is asleep.

#### Why does my child need a sleep study?

Everybody breathes more slowly and less deeply when they are asleep. If the breathing muscles have become weak or there is some airway obstruction during sleep this may affect breathing and lead to disturbed sleep.

A sleep study lets us see how good your child's breathing is during sleep.

#### Where will the sleep study take place?

At the appointment time on the day of the test please bring your child to the Sleep Unit, based in the **Ward 4B** at Alder Hey hospital.

#### What happens during the sleep study?

Different monitors will be attached to your child to measure their breathing when they go to sleep.

- Two sticky tabs on their shoulders to monitor their heart.
- Two stretchy bands around their chest and tummy to measure their breathing.
- A sticky tab on their finger/toe to measure oxygen in their blood.
- A sticky tab on their thigh to measure the carbon dioxide in their blood.
- A tube under their nose to measure their breathing.
- Ten tabs on their head to measure their brain activity.
- A video will record their movements and any noises during their sleep.

When they get up in the morning the staff will take off all the monitors and they can go home/to school. Unless there were any nursing concerns overnight we expect you will be able to leave by 7:30am.

#### What happens after the sleep study?

The results of the study will be analysed. At your next clinic appointment the doctor will discuss the results with you.

#### Who can stay overnight?

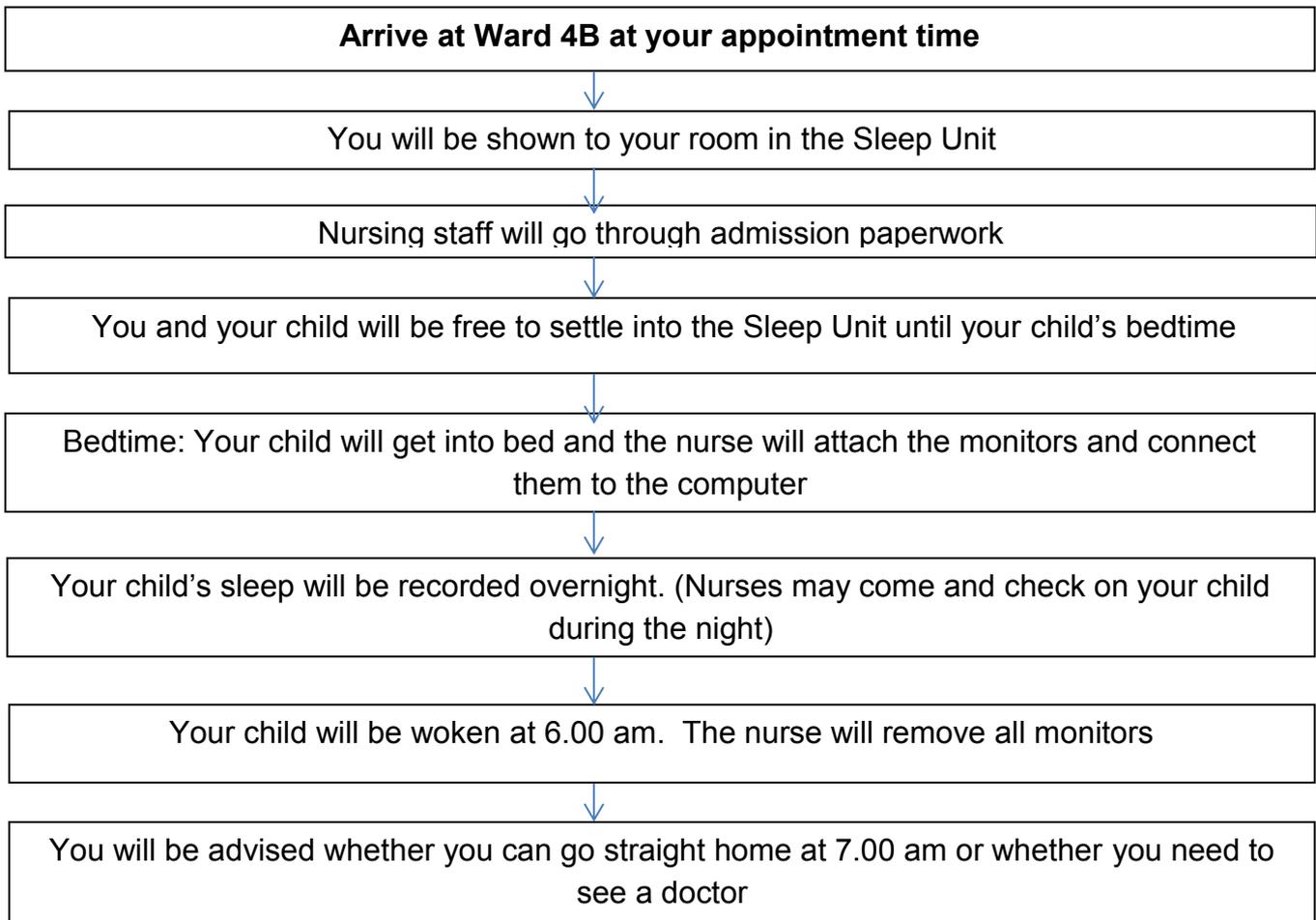
A parent/carer with parental responsibility needs to stay with the child overnight .

#### What should parents/carers bring?

Bring everything normally needed during the evening /night time. For example; any medications; drinks/snacks; pyjamas; DVD's books, games etc.

**Please note: If any type of ventilation or CPAP is being used parents/carers must bring all the equipment with them from home. There is no spare equipment available on the ward**

### Typical Schedule



**For further information please contact the Respiratory Department on 0151 228 4811 ext 2165**

This fact sheet only gives general information. You must always discuss the individual treatment of your child with the appropriate member of staff. Do not rely on this leaflet alone for information about your child's treatment.

Alder Hey Children's NHS Foundation Trust  
Eaton Road  
Liverpool  
L12 2AP  
0151 228 4811  
[www.alderhey.nhs.uk](http://www.alderhey.nhs.uk)

