

The Roald Dahl Neurophysiology Department
Overnight Sleep Study (Full Polysomnography)

Information for parents and carers

Introduction

You have been advised that your child needs to have an overnight sleep study. The information below is aimed at helping you to prepare your child for the test.

What is an overnight sleep study?

An overnight sleep study will monitor your child's breathing, breathing effort, body movements and measure levels of carbon dioxide in their body whilst they sleep.

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?

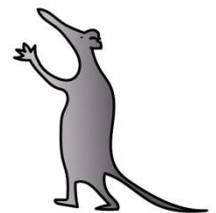
On the Sleep Unit which is based on **Ward 4B** at Alder Hey Hospital. You will receive a letter informing you of the date and time of the sleep study.

When you arrive on the ward you will be shown to your room and nursing staff will go through admission paperwork and take your child's temperature, blood pressure and weight. You and your child will then be free to settle into the Sleep Unit until your child's bedtime

What happens during the sleep study?

Your child will get into bed and the nurse will attach monitors to your child and connect them to the computer. These will measure their breathing once they are asleep.

- 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.
- Eight tabs on their head to measure their brain activity.
- A video will record their movements and any noises during their sleep.



Your child's sleep will be observed overnight from outside the room. A nurse may come and check on your child during the night or replace monitors if they come off.

Nursing staff will wake you and your child at 6am and take all the monitors off. We expect you will be able to go home by 7am.

If there were any nursing concerns overnight, these will be explained to you and you will be asked to wait to see a doctor.

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 you normally need during the evening / night time at home.

- all medication in original packets/bottles
- drinks/snacks
- pyjamas
- DVD's, books, games etc.



Please note: If you use any type of ventilation or CPAP, parents/carers must bring all the equipment with them from home. Spare equipment is not available on the ward.

For further information or if you are unable to attend and wish to re-arrange please contact us on **0151 252 5375**

This leaflet 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.

This information can be made available in other languages and formats if requested.

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