



Respiratory Unit Overnight Sleep Study Information for parents and carers

Introduction

This leaflet aims to inform you about sleep study, what will happen and what you need to bring with you.

Why does my child need a sleep study?

Everyone 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.

What is an overnight sleep study?

The aim of an overnight sleep study is to:

- Monitor breathing during sleep.
- Measure the levels of carbon dioxide and oxygen in your child's body while they sleep.
- Measure breathing effort and other body movements.

What happens during the sleep study?

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

- Three sticky tabs on their chest 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 the oxygen in their blood.
- A sticky tab on their shoulder 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.

Their overnight sleep will be recorded.

When they get up in the morning the staff will take all the monitors off and your child can go home/to school.

You will be asked to leave the unit by **7am** unless there were any nursing concerns overnight. If there were any concerns your child will be transferred to a ward to be seen by the consultant.

What happens after the sleep study?

The results will be analysed. The doctor will discuss the results with you during your next clinic appointment.

What else do I need to know?

A parent needs to stay with the child in the room overnight.

What do I need to bring?

Bring everything you would normal need during the evening/night at home:

- Any medications needed
- Pyjamas
- Drinks/snacks
- DVDs, books, games etc.

Please note:

If you use **any type of ventilation or CPAP you must bring all the equipment with you** from home.

There is **no spare equipment available** on the ward.

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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Overnight Sleep Study Schedule.

