

Children's Services

Children's sleep study

What is a sleep study?

A sleep study is a test to measure your child's breathing and oxygen levels when asleep.

Why does my child need a sleep study?

Usually the test has been requested because their breathing is causing concern. This may be because they snore a lot, or because they have a condition that might give rise to problems during sleep.

What happens?

Your child may be offered a consultation with a doctor with a special interest in sleep problems in children before deciding which investigation is required. You will be contacted either by phone or letter. This is usually to decide which type of sleep study is needed (see below), or whether no study is needed at all.

Types of sleep studies:

1. Simple sleep study for you to undertake at home.
2. Sleep study undertaken by a community nurse. This study is usually for premature babies who require home oxygen.
3. An inpatient sleep study which requires an overnight stay in hospital.

1. Simple sleep study

- You will be sent a letter letting you know that we plan to do a sleep study at home, and asking you to agree to return the equipment at the end of the study.
- When this letter is returned to us, you will be sent the equipment with instructions about how to use it. We will send this as soon as a spare machine is available.
- The equipment (pulse oximeter) is a small wrist watch sized machine with a finger probe attached. It is attached to the wrist with a Velcro strap. The finger probe is put on the finger at the start of the overnight study as per instruction leaflet sent with the machine. It is a simple, non invasive piece of equipment.
- As soon as you have completed the study you should send it back in the stamped addressed envelope provided. We always have a waiting list for these studies, and it is vital you return the equipment as soon as possible.
- The sleep study will be analysed by the sleep team.

- The results will be sent to the referring consultant or GP who is responsible for giving you the results.

2. Simple sleep study undertaken by paediatric community nurse

- A paediatric community nurse will contact you and arrange a time to undertake a sleep study in your home. She will show you how to use the equipment and inform you when she will return to pick the equipment up.
- When the sleep study has been undertaken it will be sent to the sleep team for analysis.
- The results will be sent to the referring consultant who is responsible for giving you the results and changing the oxygen treatment your child requires.

3. Hospital sleep study

- Your child will be admitted to hospital for this study. You should arrive at around 17:00 and should be able to go home the next morning. You will be able to stay with your child and should bring an overnight bag.
- Your child will be settled into bed at night and one or more of the following will occur:
 - A soft probe is wrapped around your child's toe to monitor his or her oxygen levels while asleep.
 - Three sticky ECG pads are attached to your child's chest to measure their heart rate.
 - One or two stretchy bands are put around your child's chest along with a position sensor.
 - A small tube may be placed just inside his or her nose to monitor breathing rates.
 - A sticky pad may be put on your child's neck to monitor snoring
 - We may video your child asleep to look at their pattern of breathing
- The sleep laboratory will analyse the various recordings made during the sleep study. The sleep team will discuss the results with the referring doctor and appropriate treatment offered.

Further information

- Please phone Respiratory Nurse on 01223 216585 for any further information you may need about the process of sleep studies being undertaken.



We are currently working towards a smoke-free site. Smoking is only permitted in the designated smoking areas.

For advice and support in quitting, contact your GP or the free NHS Stop Smoking helpline on 0800 169 0 169

Help with this leaflet:



If you would like this information in another language, large print or audio format, please ask the department to contact Patient Information: 01223 216032 or

patient.information@addenbrookes.nhs.uk



Document history

| | |
|---------------------|--|
| Authors | Children's Services |
| Department | Cambridge University Hospitals NHS Foundation Trust, Hills Road, Cambridge, CB2 0QQ www.cuh.org.uk |
| Contact number | 01223 245151 |
| Publish/Review date | March 2011/March 2014 |
| File name | Children's_sleep_study |
| Version number/Ref | 2/PIN2425 |