



Sleep study information sheet for parents

A sleep study is used to measure overnight sleep and breathing patterns.

During the study a sleep technologist will record brain waves, breathing and muscle activity, as well as oxygen and carbon dioxide levels continuously throughout the night.

If your child is unwell on the day of the study the test will need to be rescheduled. Please call (02) 9105 5200.

On the night of the study

- You and your child will need to come to the Bookings and Admission on the Ground Floor by 6.00pm.
- You will both stay overnight in the paediatric ward for the sleep study. A bed will be provided for the parent to stay in the same room.
- We ask that you have dinner before leaving home or bring your evening meal with you so that your child has food familiar to them. There is a small kitchen with microwave, fridge, kettle and toaster on the ward. Food is also available from the restaurant on the ground floor.
- Wi-Fi is available at the hospital if you are bringing devices and please bring headphones to avoid noise for other patients.

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What to bring

- Your child's usual medication
- Comfortable clothing for sleeping or pyjamas, 2 piece preferable
- Comforts from home including own pillow and bedtime toys/books
- Personal toiletries (toothbrush, toothpaste etc)
- Drinks and snacks, avoiding sweets, chocolate or other food that contains caffeine, which will interfere with your child's sleep
- Overnight supplies including nappies and feeds for babies.

Sleep study setup

- It can take up to 1 hour to hook up all the leads that are needed to monitor your child's sleep and breathing. This is a safe and pain free procedure which involves placing sensors (stickers) on your child's face, head, chest and body. The stickers are held in with pastes and tapes
- Parental participation in this process can contribute to its success and staff may request your assistance in keeping your child distracted
- Lights out will be at the child's usual bedtime, but no later than 10.00pm by which time all lights and electronic devices should be turned off.

During the night

- The sensors will be plugged into a recording system that sends information back to a computer in a monitoring room. Video and audio monitoring will also occur
- A member of staff will monitor the signals continuously and watch your child on video. They may need to come in during the night to adjust sensors or to remove blankets allowing a better visual of your child's face, chest or legs
- Your child will be able to get up to use the bathroom during the night but will require the assistance of our staff to do so.

The next day

- The study will end at 6.00am the next morning at which time the sensors will be removed and your child will be free to leave by 6.30am.

Getting the results

- You will need to make a follow-up appointment with the Sleep Physician or referring doctor for two weeks after the study to discuss results.

Contact us

If you are worried about anything or you have questions, we are very happy to assist you. Email NBHsleepstudies@healthscope.com.au or call (02) 9105 5200.