

Child health information factsheet

Overnight sleep monitoring

This is an overnight study of your child's breathing, heart rate and oxygen levels when they are asleep. The procedure is completely painless.

The results from this study will help us to decide about the right treatment for your child's symptoms.

Your child may be able to have the test done at home or may need to stay in hospital overnight.

At home

The sleep study will take place at home in the bed your child usually sleeps in.

A recording of your child's oxygen levels will be taken by attaching a small sensor to their foot, toe or ear lobe.

The sensor should be placed on your child when they are ready for bed. While they are asleep the sensor will send information to the monitor about their breathing patterns and oxygen levels.

You will need to remove the sensor in the morning, as soon as your child is awake.

You will need to return the monitor back to the hospital by 12 midday the following morning.

Overnight in hospital

The sleep study will take place on the children's ward. Your child can sleep in their normal bedclothes and can bring soft toys or teddies with them.

Parents can stay with their child.

There are facilities on the ward for you to make drinks but you will need to provide your own tea and coffee.

A letter will be sent to you informing you of the date and time to come into hospital. You will need to contact the ward on that day to check that there is a bed available for the study to take place.

A recording of your child's oxygen levels will be taken by attaching a small sensor. Depending on the type of study your child needs the sensor could be placed on the finger, foot, earlobe or chest.

The sensor will be placed on your child before they go to sleep. While they are asleep the sensor will send information to the monitor about their breathing patterns and oxygen levels.

The sensor is removed the following morning, as soon as your child is awake. It will be decided if you can go home then or if you will need to wait to see the consultant before you leave.

Child health information factsheet

The recorded data

All information from the monitor is downloaded on to a computer where it is analysed and reviewed by a respiratory consultant.

The results

The consultant will review the analysed data from the overnight study and will inform you of the results by letter or at your next clinic appointment.

If you have any questions or concerns please contact

Natasha Liddle sleep physiologist: **023 8077 7222** ext **8368**

Mobile number: **07789 617924**

If you need a translation of this document, an interpreter or a version in large print, Braille or on audio tape, please telephone **023 8079 4688 for help.**