

Easy read information

Having a sleep study in hospital



We have written this guide to explain what will happen when you come into hospital for a sleep study, so you know what to expect.



A sleep study is a test that is carried out while you sleep.

It helps your doctor to see what your body does when you are asleep. For example:

- how often you wake up
- how much you move around
- whether you breathe noisily



In this guide we have used a teddy bear to show you what the sleep study equipment will look like.



You will need to stay in hospital overnight for this test.

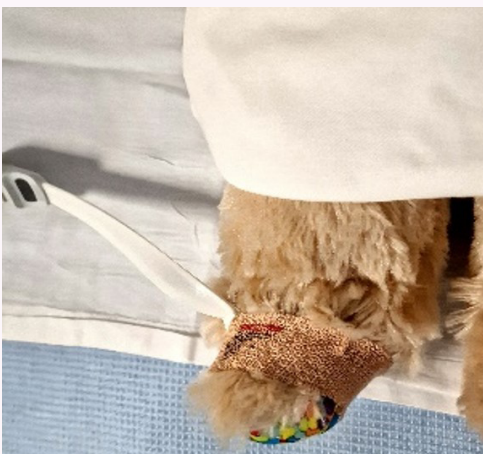


A member of our sleep team will meet you when you arrive at the hospital.



We will take you to the room or ward where you and your parent or guardian will sleep overnight.

We will give you some time to get settled and into your nightwear.



We will attach a red light to your finger or toe with some sticky tape.



We will place a soft stretchy band around your tummy and another around your chest.



We will place a small sticker on your chest with a few drops of gel. We will then attach a sensor to the sticker.

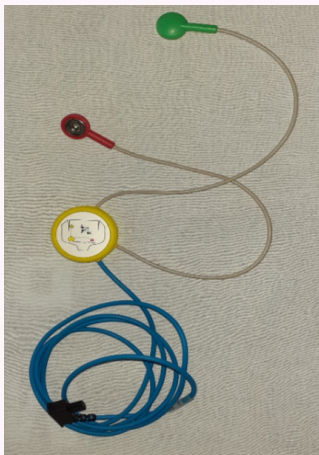
This will make a click sound.



We will place two small tubes inside your nose.



We will rest a small device on your top lip.



Ride
Your
Green
Bike

We will teach you a rhyme as we stick three more sensors to your chest and tummy.



We will attach one last sensor to your finger or toe with some sticky tape.



You may find the tubes and wires feel a bit strange at first.

It is important that you keep these wires on all night so that we can see what is happening while you sleep.



We will wake you up at 6.30am and you will usually be able to go home at 7am unless a doctor needs to see you first.

You are welcome to bring your own breakfast with you or you can have breakfast when you get home.

Contact us

If you or your child have any questions or concerns, please contact us.

Sleep team

Telephone: **023 8120 8368** (Monday to Friday, 8am to 4pm)

Email: childsleepservices@uhs.nhs.uk or paedsrespsleepapp@uhs.nhs.uk

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