

## What happens the next day?

You/your child may need to have a blood test taken at around 6.00am when the sleep study is finished. After this time, the sensors can be removed. This can be a little uncomfortable, similar to removal of band-aids. Adhesive remover is used to reduce discomfort. You/your child will be discharged home early at approximately 7.00am.

You/your child will likely need their hair washed after the sleep study to remove any remaining paste used for attaching sensors to you/your child.

Most children and infants have a normal night's sleep, therefore are able to continue with their normal activities the following day. There may be some mild reddening of the skin after the sensors are removed, but this should disappear within 24 hours.

## When will you know the results?

Results are normally finalised within two weeks. You will receive the sleep study results at your follow up doctor's appointment.

## Additional information

Please check [www.rch.org.au/be-positive](http://www.rch.org.au/be-positive) for a short video overview of a sleep study at The Royal Children's Hospital.

## Respiratory Medicine

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# Sleep study

For diagnosis of sleep disorders in children



Melbourne Children's

A world leader in child and adolescent health



## What is a sleep study?

A sleep study or polysomnography involves the continuous monitoring of sleep and breathing patterns throughout one full night. The test is non-invasive but requires a number of sensors and electrodes to be attached to you/your child before they go to sleep. The attachment of these sensors to the skin of the head and body is safe and will not hurt.

A sleep study is used to investigate:

- snoring and obstructive sleep apnoea
- abnormalities in breathing
- excessive daytime sleepiness
- unexplained nocturnal waking
- effectiveness of ventilatory support



## On the day of the sleep study

**Make sure your child is well enough for the sleep study to go ahead. The study will need to be rescheduled if you/your child is unwell.**

During the day prior to the sleep study you/your child should continue with your/their normal daily routine i.e. school or kindergarten. Young children should have their normal daytime naps on the day of the sleep study to prevent them from becoming overtired.

Please avoid using creams, gels or other products on the hair and skin on this day. Please ensure that you/your child's hair is clean (sensors used on the head will stick properly and give better quality signals).

We require one parent/caregiver to stay overnight. A bed and bedding will be provided for the parent /caregiver in the same room.

Setup of the sleep study (attaching sensors and stickers) will generally commence between 4.00-7.00pm. This will take 1-2 hours. The sensors are attached while you/your child sits in a chair or in their bed. You/they can read or watch TV during this time.

After setup is complete, recording will commence. You/your child will need to remain in bed until sensors are removed in the morning. The exception to this is babies who can be taken out of bed for feeding.

## What to bring

Any medication you/your child requires, you/your child's pyjamas, you/your child's pillow (if you/they have a favoured one), any favourite bedtime comfort objects, e.g. blanket, books or other items associated with bedtime. Also, if applicable, bring your/their usual ventilatory support, e.g. CPAP/BiPAP machine and mask.



## What happens overnight?

Throughout the night, you/your child will be filmed on a video monitor to watch breathing effort and position changes etc. The video is only used for sleep analysis and is deleted after this is complete. Sensors will record important information relating to sleep and breathing. Staff may need to enter the room during the night to re-attach sensors.

Parents may be required to attend to their child during the night should they need extra reassurance to settle back into sleep. If your child has particular nursing needs, such as tube feeds, you will be required to run those in the same way that you do at home.