

A Family Guide to Your Child's

Overnight Sleep Study



To parents and guardians:

This booklet was made to help prepare your child for their overnight sleep study, which is also called a polysomnogram.

When children know what to expect, they will be less nervous or afraid. There is nothing scary about the sleep study. There are no needles and the test is not painful. Your child will have their parent or a trusted adult close by at all times. Please look through this booklet with your child before their sleep study. For toddlers and preschoolers, look through this booklet 2-3 days before the sleep study. For school-age children, look through the booklet about a week before the sleep study to give them time to think about your conversation and ask questions. If you have any questions about preparing your child for a sleep study, call the sleep lab at (757) 688-9466.



Please read this to your child:

You will be getting a sleep study. For this study, you get to stay overnight at our sleep lab. You will bring your mom, dad, or another adult to stay with you. Just like a sleepover, you will pack an overnight bag. Make sure you bring your pajamas! You will wear loose pajamas for the study. Also, you should bring your favorite bedtime stuffed animal and/or blanket. The test does not hurt. There are no needles. You will not be alone. Some kids think it is a lot of fun! Look at the pictures in this book to learn more about the study. Ask your mom or dad questions.

Please share this video with your child:

https://youtu.be/asUi_tufwIQ



What is an overnight sleep study?

An overnight sleep study monitors breathing and brain activity during sleep. Doctors use this information to find out why your child is not sleeping well. The test will let us know if your child has sleep apnea or other sleep disorders.

The test lasts from about 7 p.m. until 6 a.m.



What does the test involve?

Stickers with wires will be placed on your child's head, chest, and legs.

- Small stickers are placed on the chest to measure heart rate.
- Small paste-filled disks are placed on the head to measure brain waves so that we can see when your child is awake or asleep. The paste will wash off easily after the test.
- Small stickers are placed on your child's legs to see if they kick a lot in sleep.
- A small bandage-like sticker will be placed on their finger to measure their oxygen.

To monitor breathing, two stretchy bands are placed around your child's chest over the pajamas. These belts measure how hard your child has to work to breathe during sleep.

Two small, soft tubes are placed at the opening of your child's nose to monitor the airflow in and out. The tubes may tickle at first.

All of this equipment is connected to wires. These wires send information to a computer. Your child will wear a soft head covering to make sure the wires don't get tangled while they asleep.

None of this will hurt.

When it is time to go to sleep, you will sleep in a bed next to your child. As your child sleeps, the computers will collect information about their sleep and breathing.

On the day of the study:

Make sure your child does not have any caffeinated beverages like tea, coffee, cola, or a lot of sugar that day.

- Don't let your child take a nap. If they are under 5 years old and take a daily nap, have them take their nap before noon.
- Eat dinner before you arrive. You may bring a snack for your child as long as it does not contain sugar or caffeine.
- Bring your child's favorite bedtime comfort item, such as a stuffed animal, blanket, or book.
- Bring any medications your child may need. They should take all of their usual medications that day. Bring a list of the medications to the sleep study.
- Also bring any other items your child may need, such as diapers, wipes, formula, or milk.
- Bathe your child and wash their hair on the day of the test but DO NOT use lotions or oils on the skin.
- Your child should not wear dark nail polish, fake nails, wigs, or hair extensions. The electrodes need to be placed directly on the scalp and the oxygen sensor on a fingernail.
- Please remind your child that they won't be alone during the test and it does not hurt at all.

If your child is sick or has a fever, please call the sleep center to reschedule your sleep study.

Arriving for the study:

On the day of the sleep study, you will come to the CHKD sleep lab where your child's test has been scheduled. Please register at the front desk.

- Arrive at 7 p.m.
- Parking:
 - At CHKD Health Center, South Campus, park behind the building. Use the intercom at the main entrance to alert staff to your arrival.
 - At CHKD Health Center at Oakbrooke, please park in front of the building. Use the intercom at the front entrance to call the sleep center.
 - At CHKD's main hospital in Norfolk, please park in the visitor garage and go to the admitting department on the first floor.

If you have any questions, call (757) 668-9466.



During the study:

Once you are checked in, you will see the special sleep study room. It is just like your own hotel room for the night.

A special helper called a sleep tech will talk to your child about what they will see and feel during the sleep study. You or your child can ask them any questions you'd like.

The sleep tech will measure your child's head to see where to place the electrodes. They will put on all the stickers and equipment mentioned on page 2. All of those stickers will have wires coming out of them. The wires will lead to something called a jackbox.

After your child has all the stickers on, they can read a book or watch a video.

When it is bedtime, your child will brush their teeth and get into bed. The sleep tech will put a soft tube under their nose. It might tickle, but it won't hurt. The jackbox will be hooked up and the sleep tech will leave the room. Then, your child will sleep all night. The sleep tech will keep an eye on your child to make sure they are comfortable. The tech may have to fix a wire in the night but will try not to wake your child up.

- One parent must accompany your child and stay for the duration of the study. No other guardians or siblings are permitted to stay during testing.
- You will be asked to turn off all cell phones and other devices at lights out, between 9 and 10 p.m., as these signals interfere with the equipment.
- Your child will be awakened between 5 and 6 a.m. If you would like the test to end a bit earlier, let your technologist know.

After the sleep study:

- The technologists will prepare all of the data and send it to the doctor. The doctor will read the study. This usually takes a couple of weeks.
- You will get the results at your follow-up visit.



If your child is getting a MSLT the next day:

If your child is scheduled for a Multiple Sleep Latency Test, this will take place starting the following morning. The electrodes that your child wore during the overnight study will remain in place; some adjustments may be necessary. The MSLT study will last until about 4 p.m. During this time, your child will be given five opportunities to take a nap. They must stay awake in between these naps.

Your doctor will tell you ahead of time which medications should not be given to your child during the sleep study—and sometimes for the two weeks before the study.

After the sleep study:

- The technologists will prepare all of the data and send it to the doctor. The doctor will read the study. This usually takes a couple of weeks.
- You will get the results at your follow-up visit.



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