

Sleep study

A parent's guide

What is a Sleep Study?

- A sleep study is a test that helps us understand what happens to your body while you sleep.
- During sleep, we are usually unconscious or not mentally alert, so we don't actively notice or control basic bodily functions like breathing, heart rate, digestion, or body temperature regulation.
- If the doctor suspects a sleep-related disorder, such as sleep apnoea or hypoventilation, they may recommend a sleep study to help diagnose the problem.
- This is a simple pulse oximetry sleep study. A test to check how well your body is getting oxygen while you sleep.

Why does my child need to have a sleep study?

- Diagnosing a sleep-related disorder in your child is important, as it can affect the heart, brain, mood, and behaviour.
- Some conditions may make your child more vulnerable to sleep-related breathing issues, and a sleep study can help guide management in these cases.
- If your child is using ventilation or supplemental oxygen, it is essential to regularly check that it's supporting their sleep and adjust the settings if needed.

What happens on the night?

- You will be admitted to Ifor Ward at 7:30 pm.
- Once you arrive, a member of staff will show you to your bedspace so you can settle in.
- A staff member will then come to explain the sleep study in more detail and attach your child's identifying name band.
- This will be an opportunity for you to ask any questions you may have, so it might be helpful to note them down before you come in.

You will need to bring the following items with you:

- Your child's ventilator (for example, CPAP or BiPAP) if this is used by your child while at home.
- Food for your stay. We are unable to provide meals during your stay, so we recommend having your evening meal before arriving at the hospital. However, you are welcome to bring food with you if you prefer.
- Anything else that your child usually sleeps with, such as a soft toy, special pillows, duvets or blankets.
- Any medication or medical equipment your child usually needs such as medication, special feeds, feeding pumps, syringes, or other things they may require such as pads/nappies.

While your child is still awake but ready for bed, the study will be set up, which involves:

- A soft probe is wrapped around your child's finger or toe to monitor their oxygen levels while asleep.
- A member of staff will also monitor your child's position and breathing every hour.

How long will the sleep study take?

Sleep studies need at least 6 hours of sleep monitoring.

Will it hurt?

Sleep studies are painless.

Facilities

- The room where you will have your sleep study will be for just you and your child, and you will be made to feel as comfortable as possible.
- You will have access to the following facilities:
 - ✓ A bed or cot for your child to sleep in.
 - ✓ A pull-out bed for one parent/carer/legal guardian. The ward can only accommodate one parent overnight.
 - ✓ Access to a bathroom and showering facilities.
 - ✓ The parent's kitchen has the following facilities: kettle, microwave, milk, tea, coffee.

When can we go home?

- A staff member will remove the probe, typically at 7am, once enough sleep data has been recorded.
- You will then be sent an appointment to discuss the results with your doctor.

Are there any risks or side effects?

There are no risks or long-term effects, so you will be able to return to your normal routine once you leave.

Contact our service

If you are unable to attend your booked sleep study, or your child has an illness that is affecting their sleep (such as a cold), please let us know by contacting Ifor Ward on 0207 288 5442 and your appointment will be rescheduled.

Contact our Trust

If you have a compliment, complaint or concern, please contact our Patient advice and liaison service (PALS) on **020 7288 5551** or whh-tr.PALS@nhs.net.

If you need a large print, audio or translated copy of this leaflet, please email whh-tr.patient-information@nhs.net. We will try our best to meet your needs.

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