

Let's Talk About...

Sleep study test

Your child may need to have their sleep studied which will help determine if they have sleep problems such as sleep apnea or other sleep problems. When breathing stops often or for longer periods, it's called sleep apnea.

When someone has sleep apnea, oxygen levels in the body may fall and sleep can be disrupted. You might think that only older people have sleep apnea, but kids and teens can develop it, too.

Here are some tips for preparing for your child's sleep study:

Before the sleep study

What should I bring?

- Food from home (no meals will be provided)
- A toothbrush and comfort item (a blanket or stuffed animal)
- Formula and diapers, if needed
- Any medicine your child takes
- All equipment your child will need (if they need a vent titration study)
- CPAP mask (not the machine) (if they need a CPAP titration study)

What should my child avoid?

- Eating or drinking anything with caffeine or a lot of sugar (such as soda or chocolate) after 4 PM
- Using lotion, hairspray, or gel in their hair (it should be clean and dry)
- Taking a nap (unless it's part of your child's usual routine)

A parent or guardian must stay overnight with your child. They will sleep in a separate bed in your child's room.

During the sleep study

How does my child prepare for the sleep study?

A pediatric sleep technician will help your child relax and stay calm throughout the night. It may take up to 45 minutes to prepare your child for the sleep study.

- The technician will put 20 small, round discs, called electrodes, on your child's head, legs, chest, and stomach. The electrodes record:
 - Brain activity
 - Eye movements
 - Heart rate and rhythm
 - Leg movements



