

On the day

Things to bring on the day of the Sleep Study

- Any **regular medication** that your child may take.
- Familiar pillows, toys, blankets or comforters.
- Favourite books and games.
- A good book for you, nightwear and toiletries.
- Comfortable two-piece pyjamas or nightie for your child, preferably button-fronted, with open feet. For babies a 'sleep-suit' is ideal but not essential. Mittens may be of assistance in preventing removal of equipment by little fingers.
- Toiletries. Please bring shampoo and conditioner.
- If your child has long hair, a hairbrush and bands are helpful.
- Please remove any nail polish as this may interfere with monitoring of your child.
- If applicable, bring their usual respiratory support device, eg *Continuous Positive Airway Pressure (CPAP)*/Bilevel Positive Airway Pressure (BPAP) machine and mask
- Secure car parking is available and can be accessed from the main campus entrance on Barker Street, Randwick. A fee applies. Please ring (02) 9326 7233 or visit the following website: metroparking.com.au/hospital-parking/new-south-wales/randwick-campus.

One parent or carer must stay with the child overnight. A single sofa bed is provided in the room for one carer. **Only one parent/carers can be accommodated in the unit.**

If other family members are travelling with you and require accommodation please call Ronald McDonald House on (02) 9382 1622. This is only for families travelling from outside the Sydney metropolitan area.

Contact

Please do not hesitate to call the Sleep Lab if you have any further inquiries – (02) 9382 1210.

Results of the sleep study and treatment advice must be obtained at a follow-up appointment with your child's Sleep Specialist two weeks after the study has taken place. It is a good idea to make this appointment when the sleep study date is confirmed rather than waiting until after the sleep study. If the study is very abnormal you will be contacted before the follow-up appointment. Otherwise results are not given over the phone. Overnight staff do not give results either as the studies are carefully analysed by clinicians after the study.

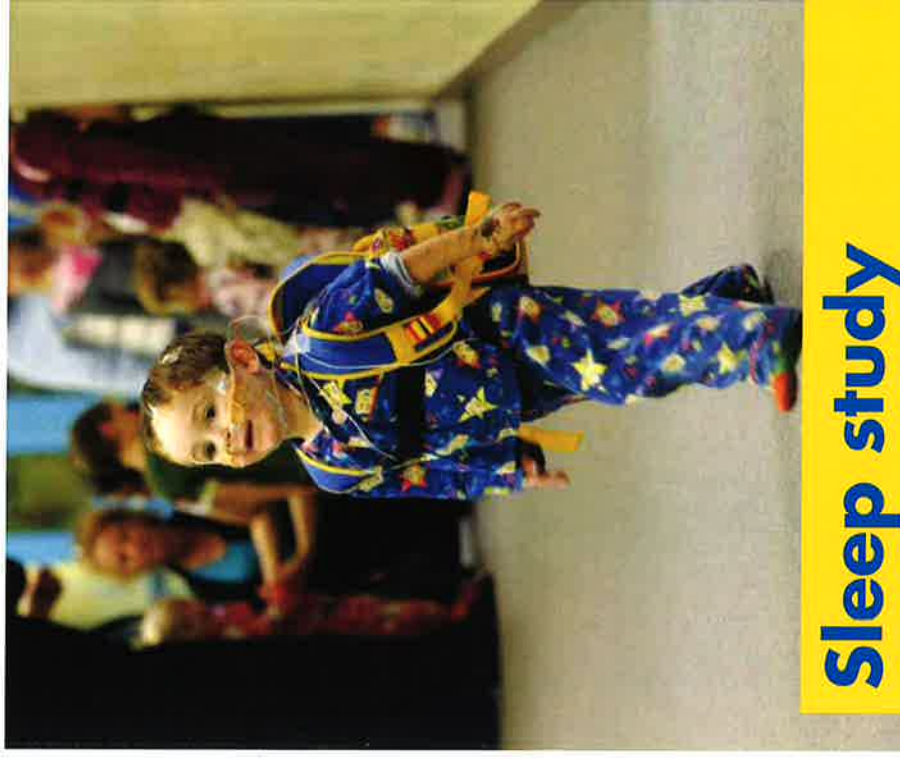
If you live outside the Sydney metropolitan area (usually more than two hours away) results may be obtained from the referring doctor.

Additional information

Please check YouTube:- Sleep Medicine Unit – Sydney Children's Hospital, Randwick, for a short video overview of a sleep study.



The Sydney children's
Hospitals Network



Sleep study guide

Department of Sleep Medicine

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RAN6229/1019

This is a guide for families who are bringing their child to have a Sleep Study at Sydney Children's Hospital, Randwick.

The sleep study (also called a 'polysomnogram') serves many purposes. It is considered the 'gold standard' for the diagnosis of your child's sleep problem, such as Obstructive Sleep Apnoea (OSA). There are over 100 different classified sleep disorders.

The sleep study is often used to guide treatment, such as an adenotonsillectomy. It is important that a follow-up appointment is made to ensure that the results are communicated and treatment arranged.



Procedure details

A Sleep Study begins with the painless application of monitoring equipment:

- Ten leads are pasted on to previously measured and marked positions on the scalp to record brain waves. This is how we measure the quality of your child's sleep.
- Six stickers are placed on the face to monitor eye movements and chin muscle tone.
- A small plastic tube, with two soft prongs, is placed beneath your child's nose. This will measure nasal airflow.



- Seven stickers are placed over the chest and abdomen. These monitor heart rhythm and muscle activity from the diaphragm and abdomen.
- Two bands are placed around the chest and abdomen to monitor breathing movements.
- Two stickers are placed over each calf to measure leg movement.

We ask you to come in the early afternoon so that you and your child have time to settle into the Sleep Lab. A medical officer will assess your child on the day. We apply the stickers and leads shortly after your arrival. This helps your child get used to wearing them so as to minimise disruption to your child's normal sleep routine. Following the application, your child is free to move around the ward, to play or to watch TV.

Bedtime should be close to the usual time for your child, ideally in bed by 8pm or 8.30pm to begin the sleep study by 8pm or 9pm.

At bedtime further equipment is usually applied:

- An oxygen saturation probe is applied to the finger or toe. It consists of a simple red light source and a sensor.
- A carbon dioxide monitor is applied to the skin. This might need to be changed during the night.
- A small plastic sensor is placed beneath the nasal prongs to measure airflow through the mouth.
- All studies will involve sound and video recording.

At bedtime, everything is connected to the computer for the overnight study.

Your child will be monitored for about eight hours overnight. During this time, should your child wake, please do whatever you would normally do to resettle your child. Staff will assist you if needed. Staff will need to make adjustments overnight to ensure optimal recording quality but will try to minimise disruption to your child's sleep. Your child should be able to continue his/her usual feeding pattern if taking overnight feeds.

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

Preparing for your visit to the Sleep Unit

- Admission time is 2.30pm.
- Discharge time is around 7am.
- Time to set up equipment is 40 minutes to an hour.
- Between 5am and 6am the night staff will wake your child and remove the equipment.

Dinner is provided for your child. Please advise us before admission of any dietary requirements. Parent/carers need to provide their own food. There is a cafeteria open until 4.30pm at Sydney Children's Hospital, Randwick. There is a cafeteria at the Prince of Wales Hospital and several food outlets and vending machines in the area. You may also use the kitchen facilities to prepare food.