

## The Risks of the Procedure

An overnight sleep study is a very safe procedure providing certain safety precautions are taken.

\*The infrared light can occasionally cause a small burn if fastened too tight therefore the probe needs to be fixed gently to the finger or toe.

\*Always fix the probe as you have been shown to do. It is also beneficial to cover the probe when attached to the child with a sock. This will help to keep the probe in place and maintain a good connection while your child is sleeping.

\*Always position the monitor either on a level with your child or beneath your child ie. under the bed. This is to prevent the monitor falling onto your child while they sleep.

**Please contact Children's Community Nursing Team on 0161 922 5251 if any further information is required.**

**If you require this information translating to another Language please contact us on 0161 922 5251**

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Author:	Lisa Philburn
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Tameside and Glossop  
Integrated Care  
NHS Foundation Trust

## Children's Services

### Overnight sleep study

### Parent information leaflet



Your child's consultant has suggested your child has a sleep study at home. This leaflet gives you more information about this.

## **What is a sleep study?**

A sleep study is a simple, pain free method of recording your child's heart rate and the amount of oxygen circulating around your child's body throughout the night while they sleep.

## **Why does my child need a sleep study?**

There are various reasons for doing a sleep study but the most common is to see if your child is having obstructive sleep apnoea. This condition can cause dips in oxygen levels at times when your child is asleep. A common symptom of this can be snoring or a disturbed sleep pattern but not every child who snores has obstructive sleep apnoea. The most common cause is enlarged tonsils and/or adenoids which can partially block the airway. It is important to find out if your child does have this so treatment can be recommended.

## **How is a sleep study done?**

A small infrared light probe shines through body tissue usually a fingertip or big toe and the light measures the amount of oxygen in the bloodstream.

The infrared light probe is attached to a monitor while your child sleeps and continually records the readings throughout the night.

The study is carried out in your own home to avoid children having time off school and parents having time off work. It also promotes a normal sleep routine

## **Nellcor PM100N monitor**



## **Correct positioning of the sensor on a toe or finger**



## **What happens when the sleep study is complete?**

When your child wakes up in the morning switch the monitor off and disconnect the probe from your child's toe/finger.

The monitor should be returned to the Children's Community Teams nursing office as soon as possible. The results will be downloaded and sent to the requesting consultant for interpretation. Please note: the Children's Community Nurses do not provide information on the results. This is the responsibility of your child's consultant.