

Cancellations

If the appointment date you have been given is not convenient, or your child is unwell and you need to cancel the sleep study, please contact the Respiratory Lab (01225 824314). The Respiratory Lab provides the equipment for the study and will be able to rebook another one for you.

Finding us

Car parking is available on site; however it can be extremely busy during the week.

The Children's ward (Department B15) is situated on the ground floor of zone B.

**If you have any questions please
contact the Respiratory Lab
Tel: 01225 824314**

Royal United Hospitals Bath
NHS Foundation Trust
Combe Park, Bath BA1 3NG
01225 428331 www.ruh.nhs.uk

Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital. Email ruh-tr.PatientAdviceandLiaisonService@nhs.net or telephone 01225 825656.

Date of publication: March 2017
Ref: RUH RES/005 v2
© Royal United Hospitals Bath NHS Foundation Trust

Sleep Studies

What to expect when
your child comes for a
sleep study.



This leaflet explains:

- Why we do sleep studies.
- How we do sleep studies.
- What happens when your child is referred for a sleep study.

Why we do sleep studies

If your child . . .

- snores
- has large tonsils
- has noisy/laboured breathing or pauses in breathing whilst asleep

... the doctor may request a sleep study. The study will assess if any of the above are affecting oxygen levels in the blood whilst your child is sleeping.

How we do sleep studies

Your child will be invited to stay overnight on the Children's ward (Department B15) at the Royal United Hospital.

A probe will be wrapped around a finger, or sometimes a toe, to record oxygen levels and heart rate during the night whilst your child is sleeping. The probe shines a light through the finger or toe so is painless.

The probe is attached to a monitor that continuously records the data through the night. Nursing staff will also make regular observations. They will record if your child is asleep, their position and any snoring, noisy or laboured breathing.



What will happen when your child is referred for a sleep study?

In most cases your child will have been seen by one of our Consultant Paediatricians or by one of our Ear Nose and Throat (ENT) Consultants. If they decide that a sleep study is appropriate an appointment will be sent through the post.

On the day of the sleep study you will need to contact the Children's Ward (01225 824442) at about 4pm to check that a bed is still available. You will be asked to arrive on the Children's Ward at 6pm.

Parents/guardians are welcome to stay overnight, however facilities are limited so availability will depend on demand at the time of the study. When you contact the ward to check the bed is available, you can also check the facilities available if you wish to stay overnight with your child.

The study will start when your child normally goes to sleep and will finish when they wake in the morning. When the study is finished you will be free to leave. Breakfast will be provided.

A sleep study report will be completed within a few days and sent to the doctor who requested the study.