Child Sleep Study Evaluation

Your child’s sleep study is done overnight in the Sleep Center. The evaluation includes a **polysomnogram** that records different sleep stages and can identify sleeping and breathing problems.

**What should we expect during a sleep study?**

- When you and your child arrive at the Sleep Center, a sleep therapist shows you the bedroom. You will have a form to fill out about your child’s sleep history and patterns. A respiratory therapist will be there and will help you to be comfortable in the setting.
- The process to get ready for the test can take about 1 to 1-1/2 hours. During this time, you may want to read bedtime stories or watch TV with your child. “Lights Out” will be bedtime when all entertainment ends and sleep recording begins. Please bring comforts from home that may help your child settle in.
- During the night, the therapist will watch your child sleep and perform a polysomnogram test to monitor your child’s brain waves and muscle activity. The therapist will place small foam sensors on your child’s face, head, chin, legs, & chest areas. The sensors will be secured with tape or special mesh netting. Your child’s head will be wrapped with gauze to hold the sensors in place. Placement of the sensors on your child is painless and non-invasive. Many children are amused by how they look with the sensors in place.
- Two sensors that monitor oxygen and carbon dioxide levels are also placed on your child’s toes or fingers. A flow sensor and nasal cannula will be placed at the child’s nose to measure the airflow. If your child needs additional equipment during the night to assist with breathing, a CPAP, or BiPap machine may be used. Your therapist will talk with you about using this equipment before the study begins.

**Questions?**

**Can I see the Sleep Center before my child’s study to help know what to expect?**

Yes, parents are welcome to bring their child into the Sleep Center prior to their study date for a tour and on-site description. Please contact the Sleep Center (315) 492-5877 to set up a time to stop by and get a tour.

**Is there anything we should do to prepare for the study?**

- Try to AVOID NAPS for your child on the day of the sleep study.
- Your child’s hair needs to be clean and dry.
- DO NOT use any conditioners, styling gels, or hair oils.
• DO NOT let your child have any foods or drinks with caffeine (such as chocolate, coffee, soda, colas, or Mountain Dew)
• Pack items for your child to feel comfortable in the Sleep Center (favorite pajamas, pillows, blankets, stuffed animals, toys, or bedtime storybooks)

How do parents participate in the study?
One parent or legal guardian must be present for the entire sleep study. You may step out of the Sleep Center briefly to take a walk or get a snack, but please do not leave the hospital building. Please make arrangements for additional adults and siblings to remain at home for your child’s study. Please keep in mind that for the health of everyone, there is NO SMOKING allowed anywhere on the campus.

Where does the parent sleep?
The parent or guardian will sleep in the same room as their child. Each room has a recliner &/or extra bed for the parent to spend the night. Be sure to bring comfortable clothes for yourself and any necessary medications, equipment, or food for the night. Remember you will be sleeping in the same room as your child and you can help set the mood to fall asleep by lying down to sleep at the same time as your child. Activities such as watching TV, talking on the phone, or eating affect your child’s ability to fall asleep and stay asleep.

Will I be alone with my child in the lab?
No, the sleep therapist is in the control room all night monitoring your child’s sleep and the sleep of other people doing similar sleep studies. Parents are not allowed to stay up with the staff in the control room in order to maintain strict patient confidentiality. The therapist may be in your child's room throughout the night as necessary to evaluate your child’s breathing or to adjust sensors.

Will my child be examined by a physician during the study?
No, a respiratory therapist who is trained in pediatric sleep practices will be the staff monitoring your child and will be available. If the therapist has concerns during the study, they may call a physician.

Does the sleep study cause my child any pain?
No, the sleep study is painless. When cleaning the site where the foam sensors will be attached, some minor skin irritation may occur but is usually mild. Your child may also feel warm where the oxygen measure sensor is put.

What if my child becomes upset?
Sleep studies can often be harder on the parent than on the child. You should be assured that although your child might cry or get upset during the sleep study set-up, they are not being harmed and the procedure is painless. After the set-up is complete, there is plenty of time for comforting, cuddle time, and bedtime settling rituals.
Do I need to bring medications, formula, or diapers?
- Bring any medications, formula, or food items that your child may need before bedtime, throughout the night, and in the morning.
- Please bring your child’s diapers and/or a change of clothing for the morning.
- Parents are responsible for administering medications, feeding, and diaper changes as necessary.
- If your child has a CPAP/Bi-Pap mask, please bring it with you to the study.
- If your child uses a portable ventilator, please bring it the night of the study.

What time do we leave in the morning after the study?
At around 6 am, your child’s sleep recordings are usually finished. The therapist will then remove all of the sensors, which may take another 30 minutes. A complimentary coffee cart with coffee, hot chocolate, fruit, and muffins is available for you and your child in the morning after the study is completed. You and your child should be able to leave the Sleep Center by around 6:30am.

What happens to the Sleep Study?
Your child’s sleep study recording is scored and then interpreted by a Sleep Center physician. This information will be used to determine a diagnosis and treatment recommendations. The final report will be forwarded to the referring physician in about 2 weeks from the study date. Please follow-up with the physician whom referred your child for the Sleep Study for results.

If you have other questions or to arrange a Sleep Center tour, the Sleep Center at Upstate University Hospital - Community Campus can be contacted at (315) 492-5877.