

Having a sleep study

What is a sleep study?

A sleep study is done to test for problems your child may have while sleeping. Some children stop breathing. This is called apnea. Others may have seizure activity, or unusual movement. While your child is asleep, machines will check your child's:

- breathing, heart rate and rhythm.
- brain activity.
- oxygen levels in their blood.

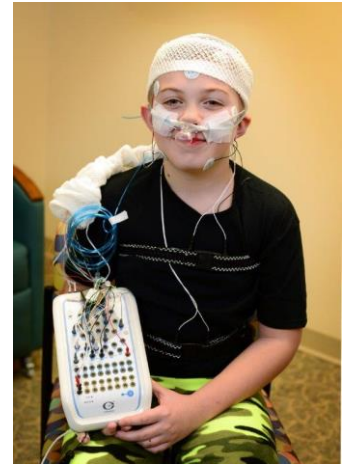
How is it done?

- You and your child will come to the sleep lab and stay overnight until the morning.
- A sleep technician will:
 - get your child ready for the test after they are dressed for bed.
 - put stickers and wires on your child's head, face, under the nose, chest, legs, and finger or toe. These do not hurt, although some children feel uncomfortable or scared. A favorite toy, DVD, or blanket can be brought from home to help them feel safe.
 - help you get your child in bed and start the test.
 - then watch your child from another room and help your child if they need something during the night.
- There will be a bed in the same room, for one parent or guardian to sleep.
- Early in the morning, a sleep technician will wake your child up. They:
 - may take a small sample of blood from your child's finger. This is to check the level of oxygen in their blood.
 - will remove the stickers and wires.

You and your child will be able to leave.

What needs to be done before the test?

- If you do not have a sleep study appointment, please call (414) 607-5280.
- Call (414) 266-2790 to confirm your test at least 3 days before.
- If you must cancel, call at least 3 days before the appointment. Too many cancellations or no shows may delay a reschedule. Your child will have to see their doctor again.
- Please let staff know if you or your child has any special needs.



Other helpful information

- Plan your transportation to and from the sleep study.
- Make sure your child does not have a nap or any caffeine on the day of the test. They can eat normally.
- Only one parent or guardian may stay the entire time of the sleep study. Plan care for other family members.
- Pack your overnight bag. Bring anything you and your child would normally pack for a sleepover.

More instructions will be sent by text or in a letter. Read them carefully before the test so you know what to bring and expect.

This sheet was created to help you care for your child or family member. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment and follow-up.