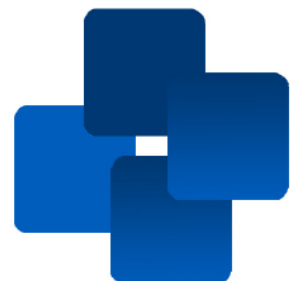


# Parent Information

## Sleep Studies

Community Children's Nursing Team



## What is a sleep study?

A sleep study is a test which is done to monitor your child while they are asleep.

A machine is used to record the child's heart rate (pulse) and oxygen saturation level (oxygen in the blood) to see what happens to the body when sleeping.

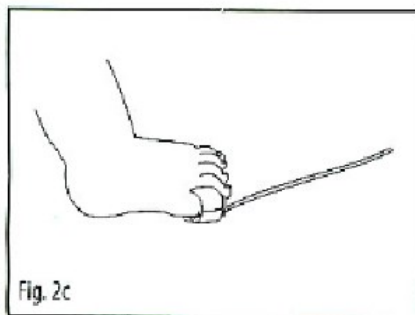
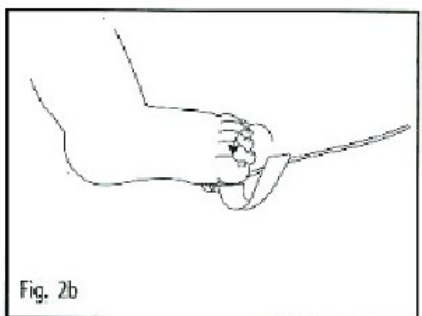
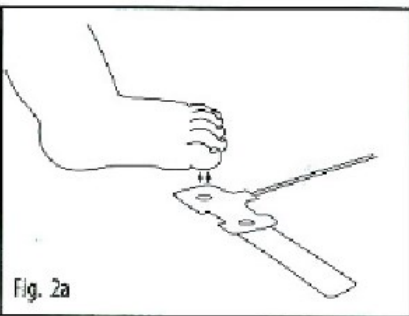
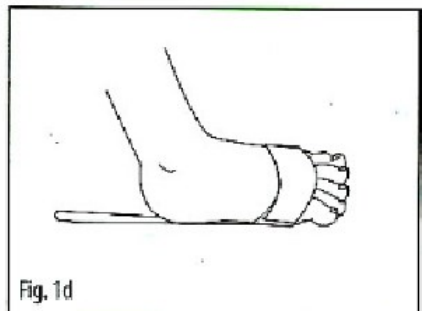
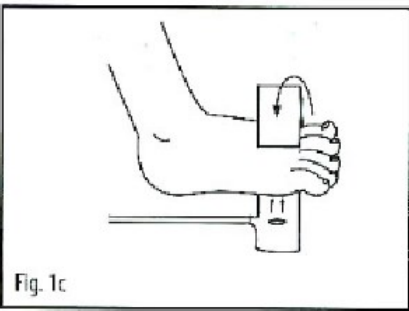
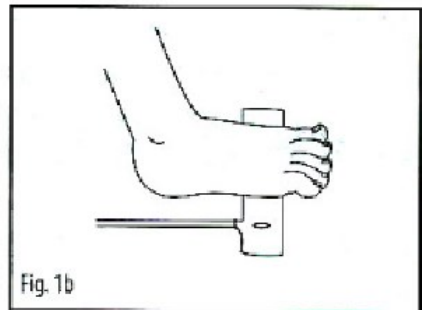
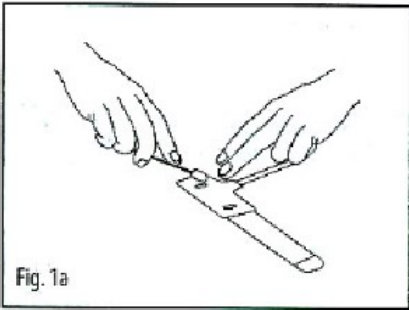


- The test is usually done at home overnight while your child is asleep so that their sleep is as normal as possible.
- The sleep study machine has a probe which is attached to your child's toe using a plaster. The probe shines a red light onto the toe and records the information it needs in the machine. It does not hurt.
- When you return the machine to the Community Children's Nursing Team, we will be able to get a report of the sleep study from the machine and send it to your child's consultant.
- When the consultant looks at the report, they can see what the child's heart rate and oxygen was like when they were sleeping. It can help them to assess the child's condition and decide what treatment (if any) is best.

## How should I do the sleep study at home?

- When you are ready to use the machine at home, plug it in and turn the machine on.
- Attach the probe to your child's toe or foot using the plaster provided. The red light should usually shine on their toe nail: see the diagrams on the next page.







Diagrams below show how to attach the probe:



## While the probe is attached

- We advise you to change the position of the probe every 4-6 hours to protect your child's skin and comfort. A good opportunity to do this would be if your child wakes up. We will talk to you about what to do if your child is asleep and/or what to do if your child has circulatory problems.
- If your child gets up, such as to use the toilet, just take off the probe, turn the machine off and re-start when you are ready.
- The machine records data whenever it is turned on and saves all the information each time.

## Machine controls

<b>Rad-8</b> quick reference guide		
<b>Power On/Off</b>	Press  to turn the unit on and off	
<b>Up/Down</b>	Press  or  to adjust volume	
<b>Alarm Silence</b>	Press  to silence alarm	
<b>Brightness</b>	Press  to adjust the intensity of the display	

- The machine has settings which you cannot change.
- It is normal for the alarm to go off if the child moves.
- The alarm might go off frequently, this is normal.
- The alarm can be silenced for a short while.
- You can make the display less bright if you prefer dimmer lights in the room overnight.

## Important safety advice

- For safety, please keep all the leads/cables at the foot of the bed/floor, well away from the child's head and upper body.

## What if I am having problems?

- If the machine is alarming a lot, try putting the probe in a different place, i.e. on another toe or part of the foot.
- If the probe falls off, try putting a sock on top.
- Please call us to talk about any problems you are having, Monday to Friday, 9am - 5pm, or leave a message on the answerphone if you are calling out of hours. Our telephone number is on the back cover of this booklet.

## What happens after the sleep study has been done?

- When you return the monitor back to the Community Children's Nursing Team, we will send the sleep study report to your child's consultant.
- The consultant will discuss the sleep study with you at your next outpatient follow-up appointment.
- Sometimes the sleep study needs repeating in the future. The consultant's team contacts us to arrange this with you if it is needed.

## We're here to help

We have Community Children's Nurses (CCN) covering East and North Hertfordshire. We care and support children in the community who have a specialist nursing need.

We work in collaboration with colleagues at the Lister and New QEII Hospitals to enable the safe delivery of sleep studies in the community (home environment). We aim to ensure sleep studies are done in a fair and timely manner for the children who require this service within the East and North Hertfordshire area.

- The decision to carry out a sleep study is always made by the child's consultant.
- Reading and interpreting the sleep study is always done by the child's consultant.
- The Community Children's Nursing Team are responsible for showing families how to carry out the sleep study, providing a safe and appropriate monitor to do this, and downloading the sleep study report. We then send the report to the consultant for them to review.
- It is the responsibility of the family to ensure the monitor is well looked after and to return it to the Community Children's Nursing Team in good working order at the agreed time.

## What if I have any questions?

If you have any questions or concerns, please contact a member of the Community Children's Nursing Team.

**Please use this space to write down any questions you may wish to ask the staff:**

## Useful Telephone Numbers

**Community Children's Nursing Team** ☎ **01438 288370**

Monday to Friday, 9am - 5pm (not weekends or Bank Holidays)

This telephone number has a 24 hour answer machine

**Email: [ccnteam.enh-tr@nhs.net](mailto:ccnteam.enh-tr@nhs.net)**