

Having a Sleep Study

What is a sleep study?

A sleep study is an overnight test that checks many things while your child is asleep. Things like:

- Heart rate and rhythm.
- Brain activity.
- The level of oxygen while sleeping.
- How your child breathes while sleeping.

How is it done?

- You and your child will come to the sleep lab and stay overnight until the morning.
- Your child will put on their pajamas. Sleep Technicians will get your child ready for the test.
- While your child is awake, a Sleep Technician will 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.
- When it is your child's bedtime, a Sleep Technician will help you get your child in bed and start the test. They will watch your child from another room and help your child if they need something during the night. There will be a bed for you to sleep in the same room.
- Early in the morning, a Sleep Technician will wake your child up. A small sample of blood may be taken to check the level of oxygen in their blood. The blood may be taken from your child's finger.
- A Sleep Technician will remove the stickers and wires and you and your child will be able to leave.

What needs to be done before the test?

- Call (414) 266-2790 to confirm your test at least 3 days before.
- 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, e-mail, or in a letter. Read them carefully before the test so you know what to bring and expect.