



Oxford University Hospitals
NHS Foundation Trust

Children's Sleep Studies

Information for parents and carers



What is a sleep study?

A sleep study is a study of your child's breathing when they are asleep.

A machine will be used to monitor your child's:

- breathing rate and rhythm
- oxygen saturations
- heart rate
- movement
- breathing sounds.



Why does my child need a sleep study?

Your child has been referred for a sleep study to check how effective their breathing is overnight.

Here are some of the symptoms you may have observed:

- snoring
- pausing for breath
- irregular breathing
- gasping
- mouth-breathing
- being overtired during the day.

Sometimes children have a sleep study before an operation, to check their breathing is safe for the operation.

What is involved in a sleep study?

Your child will have the following equipment attached to them:

- 3 stickers and leads
- an oxygen probe (attached to their finger, toe or foot)
- 2 stretchy bands
- a movement probe (near to the oxygen probe).

These are connected to the sleep study machine, which will record overnight.



What happens if my child doesn't sleep well?

Don't worry; it is common for children not to sleep well in hospital. If your child doesn't sleep well we will still analyse the data collected during that time.

What happens after my child's sleep study?

Your child may be asked to stay for a review with the Respiratory Team or may be able to go home after they've woken up in the morning.

We will let you know which of the above applies to your child when you arrive.

If your child needs a review in the morning, you can usually leave by 10.00am.

When will we get the results?

When we have analysed the data from the sleep study, you will receive a letter with the results. A copy of this is also sent to the doctor who referred your child. This can take up to 6 weeks.

Where do we go?

Sleep studies usually take place on **Bellhouse-Drayson Ward**.

This is on Level 0 of the Children's Hospital in Oxford.

The sleep studies take place in a 4-bedded bay on the ward.

Please arrive by 7:30pm.



Where do we park?

There are multiple car parks. Car parks 3 and 4 are the closest to the Children's Hospital entrance.

Disabled spaces are available within all car parks and also by the front of the Children's Hospital.

Parking is charged at an hourly rate until 8.00pm.

Parking is free between 8.00pm to 8.00am.

Unfortunately the car park ticket machines do not accept cards. There is a cash machine on Lower Ground 2 (LG2) of the Children's Hospital (outside Pret a Manger) or by the Main Entrance of the John Radcliffe Hospital on Level 2 (outside M&S).

For more information please visit the hospital website: www.ouh.nhs.uk

Frequently asked questions

Can I stay with my child overnight?

Yes, we encourage you to, but we only have space for one parent or carer to stay.

Where can I sleep?

There is a bed next to your child for you to sleep in and we provide all bedding.



What do we need to bring?

Anything that helps your child sleep, including:

- soft toys
- a special blanket
- medication
- other equipment
- special pillows/positional aids.

What facilities are available?

Breakfast will be provided for your child (but not for parents/carers) between 7-7:30am.

There is a beverage room on the ward; if you want to bring your own food you can label it and store in the fridge. We also have a microwave. Hot drinks are allowed on the ward, but only with a screw-top lid (please bring your own).

There is a parent's room, which is located just off the ward. You can help yourself to hot drinks in here.

Other food places include:

- Pret a Manger (LG2 of the Children's Hospital)
- WHSmiths and M&S Food (LG2 of the Children's Hospital)
- League of Friends (LG1 of Children's Hospital)
- OnThree Restaurant (Level 3 of the John Radcliffe Hospital)
- M&S Café and Food Hall (Level 2 by the main entrance of the John Radcliffe Hospital)
- WHSmith (Level 2 of the John Radcliffe Hospital, next to M&S).

There are also vending machines located on LG2 of the Children's Hospital, by the main desk.

There is a play room on the ward that is open from 8.00am to 8.00pm. If you arrive early, you can wait in the play room or at your child's bed space.

There are toilets, showers and baths available on the ward.

What if my child won't wear the sleep study equipment?

Don't worry. Some children prefer not to have equipment attached when they are still awake. We can wait until your child is asleep before doing this.

Can my child have the sleep study done at home?

No. Unfortunately we are unable to carry out the sleep study at home.

Useful contacts

For further information please contact:

Bellhouse-Drayson Ward

Tel: **01865 231 237**

01865 231 247

Respiratory Nurse Specialist

Tel: **01865 572 890**

If you need an interpreter or would like this information leaflet in another format, such as Easy Read, large print, Braille, audio, electronically or another language, please speak to the department where you are being seen. You will find their contact details on your appointment letter.

Making a difference across our hospitals

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OXFORD HOSPITALS CHARITY (REGISTERED CHARITY NUMBER 1175809)



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