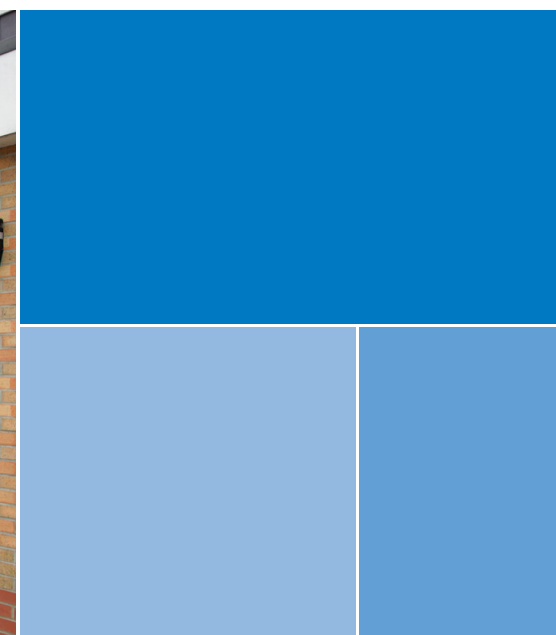


Sleep Study



Feedback

We want your visit to be as comfortable as possible. Please talk to the person in charge if you have any concerns. If the ward/department staff are unable to resolve your concern, please ask for our Patient Advice and Liaison (PALS) information. Please be assured that raising a concern will not impact on your care. **Before you leave the hospital you will be asked to complete a Friends and Family Test feedback card.** Providing your feedback is vital in helping to transform NHS services and to support patient choice.

Trust Values

Courtesy and respect

- A welcoming and positive attitude
- Polite, friendly and interested in people
- Value and respect people as individuals
So people feel welcome

Attentively kind and helpful

- Look out for dignity, privacy & humanity
- Attentive, responsive & take time to help
- Visible presence of staff to provide care
So people feel cared for

Responsive communication

- Listen to people & answer their questions
- Keep people clearly informed
- Involve people
So people feel in control

Effective and professional

- Safe, knowledgeable and reassuring
- Effective care / services from joined up teams
- Organised and timely, looking to improve
So people feel safe



The hospital can arrange for an interpreter or person to sign to assist you in communicating effectively with staff during your stay. Please let us know.

For a large print version of this leaflet, contact PALS 01493 453240

Information for parents/carers

What is a sleep study?

A sleep study is an investigation to monitor children whilst they are asleep. A monitor is placed on your child's hand or foot which continuously measures your child's oxygen saturation levels.

It is done whilst they are sleeping and usually at home. Some children will be asked to stay in hospital overnight.

Why is the test needed?

There are two main reasons why your doctor may have suggested this test:

1. To check for Obstructive Sleep Apnoea Syndrome (OSAS). Children with this will commonly have loud snoring and poor sleep as a result. OSAS is most frequently found in children with large tonsils and adenoids. Signs of OSAS on a sleep study will help doctors to decide if a child will benefit from having their tonsils and adenoids removed.
2. To check oxygen levels in children who are on or who have recently needed continuous oxygen treatment at home.

What does the test involve?

This is a very straightforward test. The child's oxygen levels are monitored by a probe, which is attached to a their finger or toe. This connects to a recording device, similar to a wristwatch. It displays the child's heart rate and oxygen levels.

Appointments will be sent via post for you to collect a monitor from the children's ward. You will be shown how to apply the probe and how to switch the monitor on before taking it home. It is best to check that the monitor is still switched on after your child is asleep.

What happens after the test?

Once you return the machine it will be connected to a computer and the information collected will be downloaded. A doctor will look at the results which will be available to you or your doctor as soon as possible.

If you have any further enquiries please call ward 10 – children and young persons unit on 01493 452010.