

Sleep Study Appointment

Children's Community Nursing Team



For further information about this service contact:

Children's Community Nursing Team
Union Street Clinic
Union Street
Bedford MK40 2SF

Tel: 01234 310103 Fax: 01234 310997

Email: ccs.beds.childrens.ccn@nhs.net

If you require this information in a different format such as in large print or on audio tape, or in a different language please contact the service on the details above.

If you have any compliments about this service or suggestions for improvements, contact our Patient Advice and Liaison Service on 0300 131 1000 (charges may apply depending on your network) or email: ccs-tr.pals@nhs.net.

For free, confidential health advice and information 24 hours a day, 365 days a year please contact NHS 111.

We have been asked by your consultant to carry out a sleep study on your child.

A sleep study is a very simple activity carried out at night in your own home with a finger pulse oximeter. This device is used to measure the oxygen levels in the blood and the heart rate.

A finger pulse oximeter is equipped with technology to rapidly detect changes in blood oxygen levels and this works by shining infrared light through your finger.

Pulse oximetry relays the information to a screen which displays your child's oxygen levels and heart rate.

You will have been given an appointment or asked to call and make an appointment.

The Sleep study appointment will be held at:

Union Street Clinic
Union Street
Bedford MK40 2SF

Tel: 01234 310103

Email: ccs.beds.childrens.ccn@nhs.net

The appointment usually lasts 15 – 20 minutes

During the appointment you will be shown how to use the finger probe and monitor. You will be given advice on how to keep the finger probe in place and have the opportunity to discuss any questions or concerns you may have.

You will have the sleep monitor and finger probe for several nights to help ensure enough data is collected.

When you return the sleep monitor all the data will be downloaded and then sent to your consultant, who should then have the information needed for the follow up appointment with your child.

Occasionally, if not enough data has been recorded, the study needs to be repeated. In this case you will be contacted and another appointment will be arranged. Please do not hesitate to contact us if you have any further questions.

