

## The Risks of the Procedure

An overnight sleep study is a very safe procedure providing certain safety precautions are taken.

- Always attach the probe as you have been shown to do. It can be helpful to cover the probe, when attached to the child, with a sock. This will help keep the probe in place while your child is sleeping, to get the best results.
- The infrared light can occasionally cause a small burn if fastened too tight therefore the probe needs to be fixed gently to the finger or toe.
- Always position the monitor on the floor beside your child's bed. This is to prevent the monitor falling on to your child.
- Please be mindful of the wires so that your child does not get tangled in the wires.
- DO NOT lift or carry the monitor by the cables or probe lead— this could result in a broken unit or injury yourself/your child if it drops.
- DO NOT spray, pour or spill any liquid on the monitor— if an accidental spillage occurs, switch off the device and return to the CCN team as soon as possible.

If you have any worries or concerns please contact us:

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

Tel: 0300 790 6893

Email: [ccs.beds.childrens.ccn@nhs.net](mailto: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.

To find out how we use what we know about you (Privacy Notice) or how to access our buildings (AccessAble), please visit [www.cambscommunityservices.nhs.uk](http://www.cambscommunityservices.nhs.uk) and follow the links or please contact us.



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](mailto:ccs-tr.pals@nhs.net).

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



Bedfordshire  
Community  
Health Services



## Overnight Sleep Study

## Children's Community Nursing Team



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.

### What is a sleep study?

A sleep study is a simple, pain free method of recording your child's heart rate and the amount of oxygen circulating around your child's body throughout the night while they sleep.

### Why does my child need a sleep study?

There are various reasons for doing a sleep study but the most common is to see if your child is having obstructive sleep apnoea. The condition can cause dips in oxygen levels at times when your child is asleep. A common symptom of this can be snoring or disturbed sleep pattern but not every child who snores has obstructive sleep apnoea. The most common cause is enlarged tonsils and/or adenoids which can partially block the airway. It is important to find out if your child does have this so treatment can be recommended.

### How is a sleep study done?

A small infrared light probe shines through body tissue usually a fingertip or big toe and the light measures the amount of oxygen in the bloodstream.

The infrared light probe is attached to a monitor while your child sleeps and continually records the readings throughout the night. It is attached to their finger or toe with a sticky plaster.

The study is carried out in your own home to avoid children having time off school and parents having time off work. It also promotes a normal sleep routine.

### Correct positioning of the sensor on a finger or toe:



It may help to wear a sock to keep probe in place

### Sleep study monitor: Nellcor PM100N



**The monitor needs to be kept plugged into the mains power overnight.**

#### To use the monitor:-

- Press the on/off button
- Leave the machine to record for at least 7 hours
- Use the recording sheet if anything happens in the night e.g. your child gets up for a feed/go to the toilet
- To end the study press the on/off button and remove the probe from your child's finger/toe.

#### What happens when the sleep study is complete?

The monitor should be returned to the Children's Community Nursing Team at Union Street Clinic before 10am the day after the study.

The results will be downloaded and sent to the requesting consultant for interpretation. Please note the Children's Community Nurses do not provide information on the results. This is the responsibility of your child's consultant.