



What should I bring to the sleep study?

- **All of your child's medications.** Please bring prescribed medications in the containers they came in (with prescription labels on them). Also bring medications your child takes as needed, such as medicine for asthma (Albuterol) or seizures (Diasat). You will give them at the usual scheduled times.
- **Medical equipment and supplies** your child may need, such as feeding pump, apnea monitor or CPAP.
- **Pajamas, toiletries, comforting items/toys** your child likes to sleep with and clothes for the morning.
- **A cooler with ice packs** for the night if you bring breastmilk or formula. We do not have a refrigerator.

How and when to contact us

Sleep Center

- Monday-Friday, 8 a.m.–5 p.m.: 781-216-2572
- Website: <http://bit.ly/bch-sleep-program>

What is a sleep study?

- A sleep study can help health care providers tell if your child has a sleep problem, such as sleep apnea (a short stop in breathing) or narcolepsy (a problem of being too sleepy). During the sleep study, your child sleeps overnight at the hospital while we watch and record your child's:
 - Brainwaves
 - Breathing patterns
 - Carbon dioxide and oxygen levels
 - Eye movements
 - Heart rate and rhythm
 - Leg movements
 - Muscle tone

Where is the sleep study done?

The sleep study is done in the Sleep Laboratory on Boston Children's Hospital's Main Campus, 300 Longwood Avenue, Main Building 9th floor, Boston, Massachusetts.

What happens during the sleep study?

- 1 You and your child share a private bedroom.
- 2 It takes us about 1 hour to set up for the test.
- 3 We measure your child's height and weight, and we give you some paperwork to fill out. The sleep technologist explains how the study works and answers questions.
- 4 After your child gets into their pajamas, the technologist measures your child's head and marks places on their head with a washable pencil. They place electrodes (small sensors) on your child's scalp. The electrodes record brain wave activity in order to see when your child is awake or asleep.
- 5 The sleep technologist places other small sensors on your child's face and body to monitor heart rate, muscle activity and breathing. The sensors do not hurt.
- 6 While the sensors are being placed, your child can watch a movie. You are welcome to bring games, toys or books from home.
- 7 After the sensors are placed, your child gets ready for bed and goes to sleep.
- 8 The technician might come in to check the sensors a few times.
- 9 Your child is monitored by a video camera and audio recording throughout the night.
- 10 The sleep study will end around 6 a.m. It takes about 30 minutes to take off the sensors. You can expect to leave the hospital at 6:30–7 a.m.

If you are concerned about your child's ability to do the sleep study, please contact the Sleep Center at 781-216-2572.

Do I need to stay overnight with my child during the sleep study?

- Yes. **A parent or legal guardian needs to stay with your child during the sleep study.** We give you a foldout bed, blanket and pillow.
- Only one parent or legal guardian can stay overnight with your child.
- Siblings or other children cannot stay during the study.

How can I prepare for my child's sleep study?

- **Do not let your child sleep late or take a long nap** on the day of the study.
- **Do not give your child caffeine** (soda, energy drinks, coffee) on the day of the sleep study.
- **Make sure you and your child eat before coming to the Sleep Lab.** Food is not provided during the study.
- **Explain to your child what will happen.** Use simple, easy-to-understand language. You might say, "We are going to learn what your body does while you sleep." Or "I will be with you during the entire study" and "the sensors on your body do not hurt."
 - Show your child our online sleep story picture book about what it is like to have a sleep study: <http://bit.ly/sleepcenterstory> (this is a PDF).
- **Schedule a tour of the Sleep Lab:** You can schedule a tour of our Sleep Lab ahead of time by calling 781-216-2572. During the tour, you will see what happens during the study, try on some equipment, and help us to come up with a plan to make sure that your child is comfortable during the study.

How will I get the results?

- A report will be ready in about 2 weeks. It will be sent to the health care provider who ordered your child's sleep study and to your child's pediatrician.
- Please contact your child's provider to talk about the results and next steps.

What if my child is not feeling well before the sleep study?

If your child is sick or not feeling well within 24 hours of the study, please call us right away (for example, your child has a cold, asthma flare up, fever, diarrhea, or is throwing up). We may need to reschedule the test.

This Family Education Sheet is available in [Arabic](#), [Portuguese](#), [Simplified Chinese](#), and [Spanish](#).