

Explaining surgery to your child

SLEEP STUDY

What is a sleep study?

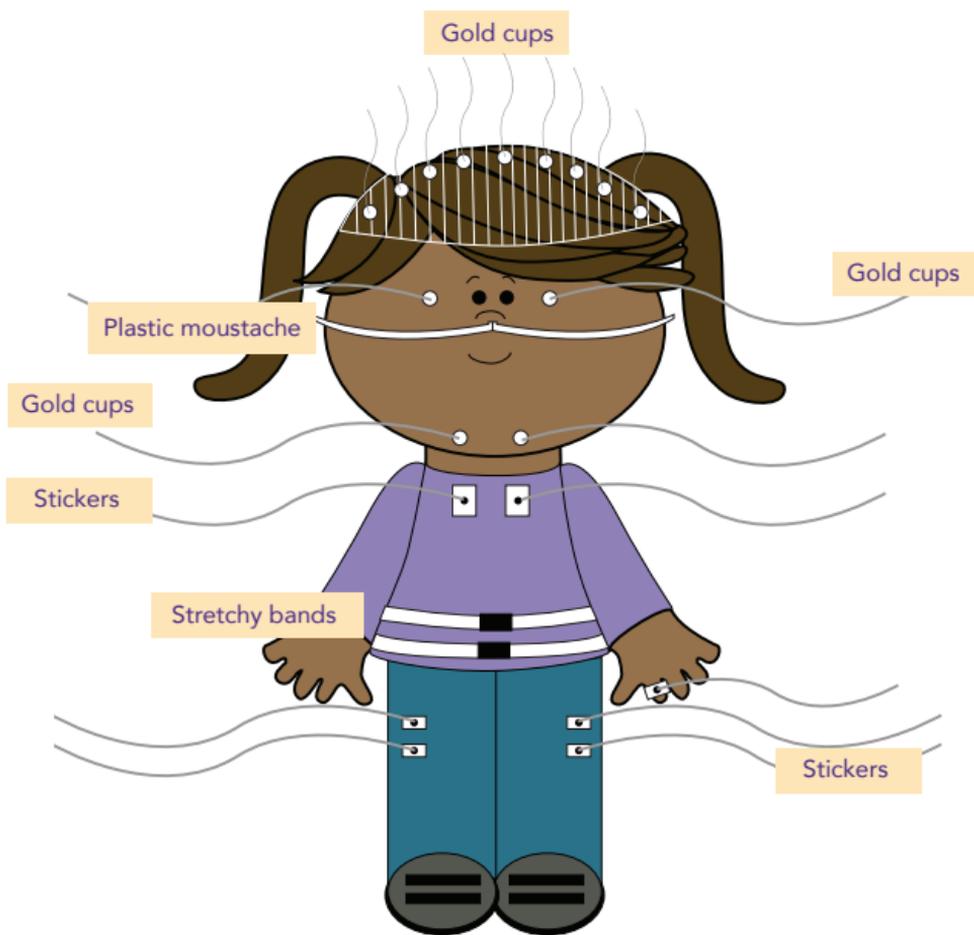
A sleep study, also known as a polysomnogram or PSG, is an overnight test that monitors your child's breathing, brainwaves, and muscle movements during sleep. It does this by using sensors that are placed on the legs, body, and head. This test helps to best understand your child's sleep patterns and to determine the best treatment. Placing the sensors may take up to an hour, so it's great to have an activity to keep your child preoccupied during this time.

Child friendly explanation

One day you and (guardian) will go to the hospital to have a sleep study. You are having a sleep study because a doctor wants to see how you are breathing when you sleep. You will have your own room—kind of like having a slumber party at a hotel! You will have your own bed, bathroom and T.V. A sleep technician will put special stickers on your legs, chest, head and face. These stickers are called sensors, and each one will look a little different. They tell us how much oxygen you are breathing when you sleep.

Please discuss with your child:

1. There are NO "pokes."
2. There are NO "medicines."
3. Nothing will hurt.
4. You will not be alone. Mom, dad, or a legal guardian will sleep over with you (very important to provide that reassurance).



- A **finger nightlight** looks like a Band-Aid with a red light on it. The finger nightlight will be over one of your finger nails. This tells the doctor how much oxygen you are breathing when you sleep.
- **Stickers for your legs** to see how your legs move when you sleep.
- **Stickers for your chest** to see how your heart beats when you sleep.
- **Stretchy bands** on your stomach show how your belly and chest move when you sleep. These fit snugly but are not tight, kind of like a seat belt.
- **Small gold cups** have a skinny string attached to them. These skinny strings come in different colors. These small gold cups are not sticky and are used on your head. The sleep technician will use a special cream to help them stay so they don't slide off of your hair. The sleep technician will also put some under your eyes and under your chin. This shows what your brain is doing when you sleep. Don't worry, they cannot read your dreams or thoughts.
- A **sticker moustache** is used to check how much air goes in and out of your nose when you sleep.
- A **plastic moustache** is used to check how much air you breathe out when you sleep.
- The sleep technician will also use a **soft cotton hat** that he/she will wrap around the top of your head to help keep all the colorful strings, gold cups, and moustaches in place.