

Boys Town Sleep Disorders Center

All About Your Sleep Study



What is a sleep study?

Many kids like you go to the hospital to get a sleep study. The doctor wants to learn more about how you sleep. You will stay overnight so the doctor can see what's happening with your brain and body while you are sleeping.



What will I do during a sleep study?

When you and your parent/caregiver arrive at Boys Town National Research Hospital, you will check in at the admissions desk. A sleep technologist will take you and your parent/caregiver to your very own room. There is a bed, recliner chair, bathroom and television in your room. The room has a video camera and microphone so the sleep technologist can see and hear you when you are sleeping.

The sleep technologist will ask you and your parent/caregiver a few questions. Then, it will be time to get ready for bed. You'll do everything just like you do at home – put on your pajamas, have a snack, go to the bathroom, brush your teeth and maybe even read a book.

Once you are ready for bed, the sleep technologist will get everything set up for your sleep study. While we are getting the sleep study set up, you can play on a tablet or with a fidget toy, watch TV, hold your stuffed animal or color.



What fun things did you pack for your overnight stay?



What is your bedtime routine?

SCAN the QR code to watch a video about what to expect at your sleep study.



How will they get me ready for the sleep study?

To get set up for the sleep study, the sleep technologist will:

- Measure your head using a soft measuring tape while making “x’s” on your head with a washable marker.
- Clean the “x’s” on your head using a small soft cotton ball or Q-tip.
- Place metal buttons, called electrodes, on your head. The sleep technologist uses a paste to help the electrodes stick to your head. Your head will have about 12 electrodes placed on it. These special electrodes send information to your doctor about your eye movements, body movements, breathing, snoring and heart while you are sleeping. The electrodes have colorful wires connected to them. The colorful wires are connected to a small box that sends information to a computer for the doctor.
- Place stickers next to each eye, behind your ears and on your forehead and chin.
- Place stickers on your chest and legs. Remember, these stickers give the doctor important information, like if your legs are moving or how you are breathing while you are sleeping.
- Place a pulse oximeter on two of your fingers. It feels sticky like a small Band-Aid.
- Place two stretchy belts around your chest and stomach. These belts measure how you breathe.
- Place a sensor and clear tube called a nose cannula near your nose. This may tickle, but it doesn’t hurt.
- Sometimes there will be a wrap, like a hat placed on your head, to help the colorful wires stay in place while you sleep.

- The placement process can take anywhere from 45 to 60 minutes.



Time for bed! The sleep technologist will leave your room, and you can continue your bedtime routine with your parent/caregiver who will stay with you or in a room nearby.



Where would you like your parent/caregiver to sleep?

It’s important to keep the electrodes and stickers where they are placed, so please don’t touch them. You can keep your hands busy with your favorite toy.

Good morning! The sleep technologist will wake up you and your parent/caregiver around 5:30 a.m. to take the electrodes, belts and stickers off so you can go home. Your hair may be sticky, but warm water and soap will rinse the paste out.

The doctor will follow up with the results of the sleep study in two weeks. You’ll do great!

Tips for Parents/Caregivers

- Remember, you are your child's best advocate and they may come to you with their questions and concerns. Please make sure you are prepared for their sleep study.
- Prepare your child using the information in this booklet about what to expect prior to their sleep study.
- Let your child know WHY the doctor wants to do a sleep study.
- Use the 5 senses when explaining what to expect to further support understanding – hear, feel, touch, smell and taste (i.e., The paste may feel sticky like your toothpaste).
- The night before the sleep study, pack an overnight bag with comfort items (stuffed animal, favorite book, blanket, pillow) and distraction items (tablet, books, snacks) that may help during placement of electrodes.
- Follow your child's bedtime routine as much as possible at the sleep study.
- Offer your child choices throughout the sleep study. This helps your child feel more in control and compliant in a new environment and medical experience. (For example: Do you want to sit in bed or in a chair during placement? Would you like to have a snack or watch a video on your tablet during placement?)
- Turn all electronics off at bedtime at the sleep study.
- Allow your child to ask questions. This can help clear up misconceptions your child may be having regarding the sleep study.

Child Life Is Here for Your Child

Boys Town National Research Hospital strives to create an emotionally safe environment for our patients and families. Our child life specialists work with the medical staff and caregivers to alleviate fears and anxieties a child may experience during hospitalization and medical experiences. They identify potential sources of stress, provide accurate and age-appropriate information to the patient and family members and work with the child to plan and practice coping strategies. By combining play and education, child life specialists can explain medical procedures and diagnoses in a way that children of all ages can understand.

If you feel your child may experience anxiety or fear regarding the upcoming sleep study, we have child life specialists available to walk your child through what to expect. Please contact child life services at **531-355-6040** to schedule an appointment.

**SCAN the QR code
for our suggested
packing list.**

