



NHS

**Great Ormond Street
Hospital for Children**
NHS Foundation Trust

Having a sleep study (Easy Read)



You are coming to hospital for a sleep study. This shows the doctors what happens when you are asleep. It helps to know whether you breathe noisily, move around in bed or wake up lots of times.



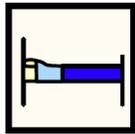
If you are not sleeping well, you might be tired during the day. This can cause problems at school.



Your mum or dad will need to stay with you for the sleep study.



If you already use a machine to help you breathe at night, please bring this with you.



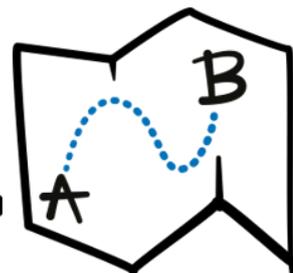
You will have your own bedroom - you will not need to share with anyone else.



We will put soft band around your toe. This uses a red light to see how much oxygen is in your blood.

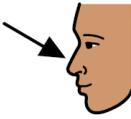


You will also have some sticky pads put on your chest to look at your heart beat when you are asleep.





A stretchy band will go around your chest. This measures how much your chest moves when you breathe in and out.



Finally, we will rest a bendy tube under your nose. This checks how often you breathe in and out.



We will also make a video of you when you are asleep. This will show us if you wake up or move around in bed.



You can then fall asleep.



When you wake up the next morning, we will take off all the monitors.



You can go to our canteen for breakfast if you want.



We will discuss the results of the sleep study with you.



We will also send the results to your doctor.



Please ask us if you have any questions.

