

## Royal Manchester Children's Hospital

### Information for Parents and Carers

# Home Sleep Study

## What is a home sleep study?

Your child has been booked to collect some equipment to record the quality of their breathing when they are asleep. The equipment will need to be fitted to them at their usual bedtime and worn overnight for one night. In the morning it can be removed and **will need to be returned to Royal Manchester Children's Hospital Outpatients Department before 12pm.**

The equipment is programmed to turn on automatically. There are no buttons which need to be pressed. The equipment can be fitted over the top of your child's usual bed clothes. The study will include a sticky probe which attaches to a finger or toe, an airflow sensor which fits under the nose or into a ventilator circuit and 2 soft stretchy bands which fit around the chest and tummy.

## Reasons for the test

Your child will have been referred for a home sleep study by their consultant at the hospital. This will either be a routine test or as part of ongoing investigations.

## Collecting the equipment

Please come to Royal Manchester Children's Hospital Outpatients Department where you will be given the home sleep study equipment (in a small bag). You will be shown how to set up the equipment and you will be asked to sign an equipment loan form, agreeing to bring the equipment back the following day.

Your child does not need to attend this appointment or the return of equipment the following day. You can collect and return the equipment on their behalf if this is more convenient.

## Dropping off the equipment

**Please return the equipment to Royal Manchester Children's Hospital Outpatients Department before 12pm the following day.** The sleep study equipment is expensive and specialist and we have a waiting list of patients who need to use it. If you think that you will have difficulties returning it to us at the agreed time then please contact us before collection so that we can discuss this with you.

 0161 701 8305



[www.mft.nhs.uk/rmch/services/respiratory-services/](http://www.mft.nhs.uk/rmch/services/respiratory-services/)