



## **Sleep Imaging Data Collection**

In our experience, it is very hard for parents to accurately report sleep information for children under the age of three. Many parents do not sleep with their children and don't know about the quality of their child's sleep. The parents that do co-sleep with their children report that they often are not sure how many times their child wakes up and for how long.

*Sleep Medix* offers screening with a sleep image ring. This service is not covered by Alberta Health Care.

The sleep image ring can be applied to a finger or toe. Some parents have told us that they cover the ring with a band-aid, so that kids don't take it off. Others have covered the finger or toe with a sock, to help keep the device on.

It is **very important** that there is no lotion or cream on the hand or foot.

We often suggest having the device worn for 3 to 5 nights. This way, the child won't wear the ring the first night, you can try for other nights.

Sleep image ring data tells us about the quality of your child's sleep, whether they have good oxygen levels all night long, how much they move at night and other valuable information.

The cost for the sleep ring is \$175 at Sleep Medix.

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