KIDZZZSLEEP

What happens to your child during a sleep

In order to record your child's sleep, we will have you and your child come laboratory approximately one hour prior to his/her normal bedtime (the exa scheduled by the Laboratory staff).

- After you arrive, a trained technician will tape small sensors your child s scalp and face. These sensors will record brain waves, eye movements, and chin muscle activity, allowing u objectively measure your child s sleep.

- To record breathing patterns during the night, your child will wear thin elastic belts around the chest and stomach, and ha a small temperature sensor taped below the nose. A small li probe placed on a fingertip measures oxygen level in the blo

- To record heart rate, two small sensors are taped near your child s collar bones.

- To record leg muscle activity, several small sensors will be taped on muscle areas near the shin bones.

- The technician will record your child s sleep positions (i.e., sleeping on his/her back, stomach or sides) throughout the night with the aid of an infrared video system. Should we ne to videotape your child s body position or activity during slee to aid in diagnosing the sleep problem, we will do so only wit your permission.

- Your child will sleep in a private bedroom during the study allowed to stay overnight with your child. There are no need procedure. During the entire night, a trained technician will l will be monitoring using an intercom system. When your chil in the morning, the technician will remove the sensors (appr minutes) and your child will be free to leave.

Approximately two weeks following the sleep study, the Pediatric Sleep Dis the results of the study and will contact you for a follow-up appointment.

Printable Version