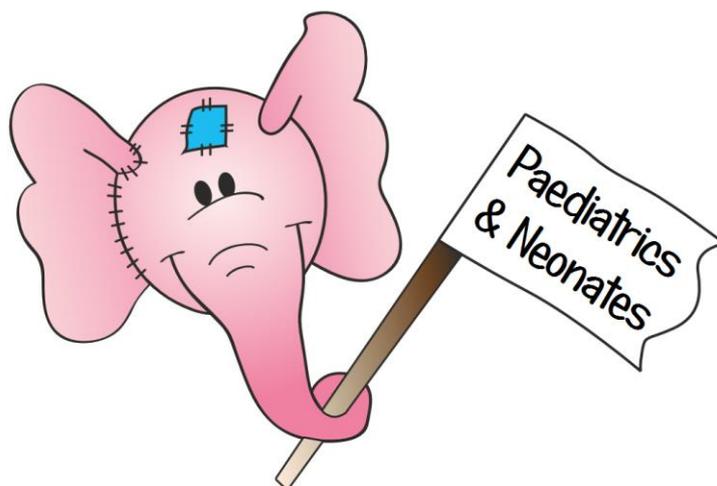


Sleep study at home

Neonatal Department

Parent/Carer Information Leaflet



Introduction

Your baby requires a sleep study at home due to changes to their oxygen therapy. This leaflet gives you more information about this.

What is a sleep study?

A sleep study is an overnight assessment of a baby's heart rate, breathing pattern and oxygen levels during sleep. It provides information to support changes to their oxygen therapy.

Why does my baby need a sleep study?

Your baby needs a sleep study to determine how well they cope with having the amount of oxygen they are given reduced, or their oxygen therapy discontinued.

How is a sleep study done?

We use a monitor to record your baby's oxygen levels and pulse for one night using a soft sensor, attached to your baby's finger, hand or foot. The information from the sleep study is downloaded and interpreted by the consultant paediatrician who will then decide on the appropriate treatment for your baby.

Who provides the sleep study service?

The sleep study service is provided by the Neonatal Community Team. A document is completed with parents to ensure that they are confident with the equipment and understand the process required before the study begins. All staff involved in the process have completed a training package supported by the outside agency supplying the equipment.

What happens next?

The Neonatal Community Team will discuss with you a suitable date for your baby's sleep study. They will deliver the sleep study monitor and explain how to use it. They will also show you how to correctly place the sensor and start the study. You will need to sign a Massimo Radical 8 Loan Contract Form in your baby's Sleep Study Assessment Document. The study will need to be completed between 8pm and 8am.

Information on using the sleep study monitor

Figure 1 shows the Massimo Radical 8 sleep study monitor used for the study.



Figure 1 – the Massimo Radical 8 sleep study monitor

How to start the sleep study

1. Plug the monitor into a mains socket and switch it on to check it is working. You can then switch it off again until you are ready to start the study.
2. Place the sensor on your baby's foot or hand (see figure 2 for correct positioning of the sensor on the foot or hand).



Figure 2 – correct positioning of the sensor on the foot or hand

Please note that the sensor has two circular discs. When the monitor is switched on, one disc glows red (LED) and the other doesn't (detector). They should be placed approximately opposite each other.

3. Use the Velcro wrap to hold the sensor in place (see figure 3) but do not wrap it tightly as this can cause circulation problems and could give a poor reading.



Figure 3 – the Massimo Radical 8 sleep study sensor and securing wrap

4. Fix the securing wrap around the sensor and Velcro once these are in place (see figure 3). The sensor used for the foot has a self-adhesive securing wrap as part of the sensor.

5. Switch on the machine and wait while it runs through self checks. This can take up to two minutes.

The bars either side of the bottom reading both need to be **green** (please see figure 1). If they are, this shows you have a good signal.

If they are **red** you need to check that the sensor is:

- In place correctly
- Not fixed too tightly
- Your baby's hand/foot is not cold

If your baby is moving, the signal may be lost but the monitor will find the signal again once the movement stops.

If the alarm sounds and the bell symbol is illuminated, do not panic:

- Check that the sensor is still in place
- If the monitor still has a poor/**red** signal, reposition the sensor

General advice during the study

You **do not** need to watch the monitor overnight but we do advise you to check on your baby a few times during the night to make sure that the sensor is in place.

- If your baby needs to be briefly disconnected from the monitor, unplug the sensor from the cable, and reconnect it when possible. The alarm will sound but it will stop when the sensor is reconnected and a signal has been found.
- If your baby is awake or unsettled for a long period of time, you can switch off the monitor until your baby is asleep again, then switch it back on again as before.

What happens when the sleep study is over?

- At 8am, switch off the monitor and disconnect the machine.
- The Neonatal Community Team will arrange with you for the collection and return of the machine so that the information can be downloaded and sent to your baby's consultant.

If you have any questions or if there is anything you do not understand about this leaflet, please contact:

Neonatal Unit on 01384 456111 ext. 3364

Russells Hall Hospital switchboard number: 01384 456111

This leaflet can be downloaded or printed from:

<http://dudleygroup.nhs.uk/services-and-wards/paediatrics-and-neonatology/>

If you have any feedback on this patient information leaflet, please email dgft.patient.information@nhs.net

This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.

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Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

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