

Sleep study service, St Mary's Hospital

Home sleep studies for children and adolescents

Information for patients, relatives and carers

What is a sleep study?

A sleep study is an **investigation to find out (diagnose) your child's sleep problem**. It involves attaching a few small sensors to their body to record **sleep and breathing patterns**. The information we collect helps our doctors find or rule out sleep problems and help decide on the healthcare that your child needs.

Sleep studies are not invasive; they do **not** involve any needles or medicines and they do **not** hurt.

You and your child will come to hospital for a 30 minute appointment. We will give you the equipment and teach you how to use it at home. You will put the equipment on your child at home and take it off the next morning. The **next day you will return to drop off the equipment** from the same location you picked it up from.

Before your appointment

You should receive an email or letter to confirm the appointment date, time and location. It is **important to arrive at the time on your letter**. Please be aware you will need to carry the equipment home.

You will also receive a phone call on the day of your appointment so we can ask a few questions about your child's sleep.

If you are running late, cannot attend the appointment, or your child is unwell on the day of the appointment, then please telephone as soon as possible to let us know. Please ring or message the administrator on 07881 851 536 Monday to Friday, 08.00 – 16.00.

When you arrive at the hospital

When you arrive, please:

1. Go to Queen Elizabeth the Queen Mother (QEQM) building and take the lift to level 6
2. **Press the call button** outside the **children's outpatient department** and wait for a member of staff to let you in

We will then take you and your child to a private room for your appointment. We will ask you some questions about your child's sleep. Then we will explain how to use the sleep study equipment that you will take home that evening.

We will give you a detailed information sheet on how to use the equipment along with a phone number to call if you are having trouble using the equipment.

What happens after the sleep study?

After your child has woken in the morning, you will remove all the equipment and **put everything back in the box. Do not throw anything away.** You will have to **return all the equipment before 16.00 that day.** Please drop the equipment to the same place you got it; with the reception staff of the children's outpatient department (6th floor QEQM building).

It can take one to two weeks to analyse and report the results of a sleep study because of how much information is collected overnight. The final report will be sent to the doctor who referred you from clinic and they will talk to you about the results in your next appointment.

How do I make a comment about my visit?

We aim to provide the best possible service and staff will be happy to answer any of the questions you may have. If you have any **suggestions** or **comments** about your visit, please either speak to a member of staff or contact the patient advice and liaison service (**PALS**) on **020 3312 7777** (10.00 – 16.00, Monday to Friday). You can also email PALS at imperial.pals@nhs.net The PALS team will listen to your concerns, suggestions or queries and is often able to help solve problems on your behalf.

Alternatively, you may wish to complain by contacting our complaints department:

Complaints department, fourth floor, Salton House, St Mary's Hospital, Praed Street
London W2 1NY

Email: ICHC-tr.Complaints@nhs.net

Telephone: **020 3312 1337 / 1349**

Alternative formats

This leaflet can be provided on request in large print or easy read, as a sound recording, in Braille or in alternative languages. Please email the communications team: imperial.communications@nhs.net

Wi-fi

Wi-fi is available at our Trust. For more information visit our website: www.imperial.nhs.uk