

- 10 % of children snore
- 1 % to 3 % have breathing problems during sleep
- When snoring is accompanied by gasps or pauses in breathing, the child may have sleep apnea
- Several factors that may contribute to sleep apnea include:
 - obesity
 - allergies
 - asthma
 - gastroesophageal reflux
 - an abnormality in the physical structure of the face or jaw
 - medical and neurological conditions
- Children who snore loudly are twice as likely to have learning problems

Questions or concerns?

Call: (613) 737-7600, extension 3688



Web Resources:

National Sleep Foundation
www.sleepforkids.org

Canadian Sleep Society
www.css.to

American Academy of Sleep Medicine
www.aasmnet.org

CHEO

Children's Hospital of Eastern Ontario
Centre hospitalier pour enfants de l'est de l'Ontario



Welcome to the Sleep Lab

CHEO

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Making a difference in the lives of children, youth and families

What we do

CHEO's experienced staff and state of the art sleep lab provide Eastern Ontario with the best of services in pediatric sleep studies.

A sleep study is an overnight test to diagnose and evaluate sleep-related breathing disorders. Signs can include:

- Restless sleep
- Episodes of stopping breathing while asleep
- Loud snoring with some gasping sounds
- Headaches in the middle of the night or when waking up
- Daytime sleepiness, especially when there is also behaviour problems

CHEO's "Dream Team" is made up of caring specialists including Respiriologists, Neurologists, Registered Polysomnographic Technologists and Registered Respiratory Therapists.



What to expect

The Sleep Lab is located in Clinic C9 on the second floor of CHEO. We ask that you arrive at 8:00 p.m. and have a seat in the waiting room. When the technologist is ready, you will be shown to the sleep room. The technologist will explain the testing procedure and the equipment involved.

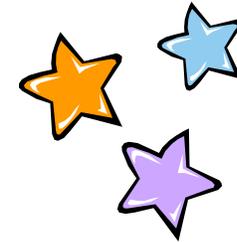
A sleep study is a non-invasive procedure, which means that it does not break the skin. Sleep studies are not painful. A number of painless sensors are applied to different parts of the body and give us a lot of information about breathing during sleep. The equipment put on includes:

- Sensors on the head monitor brain activity
- Elastic belts around the chest and abdomen measure breathing.
- Sensors under the nose measure airflow in and out of the nose.
- A clip on the finger or toe measures oxygen levels.
- A microphone on the neck monitors any snoring.
- Electrodes on the sides of the eyes monitor eye movements.
- Sensors under the chin measure muscle tone (whether or not the muscles are relaxed).
- Some patients have another sensor on the chest to measure carbon dioxide (air we breathe out).

Putting on the sensors takes about 20-30 minutes. Afterwards, parents are encouraged to help their child to settle to sleep. One parent can stay over with the child. In some cases that can happen in the same room as their child, otherwise a separate private bedroom is provided.

The technologist will watch the patient while they sleep by video monitor from a separate room. Between 6:15 and 6:30 a.m., the patient and parent are woken.

All sensors are removed and you can leave the lab shortly afterwards. Should you wish to shower, the Family Forum Lounge is located on the 5th floor, 5 West, Room 5089. Please bring your own towel.



When do I get the sleep study results?

All results will be available to your referring doctor in two to four weeks after the sleep study. Depending on the referral from your doctor, you may also need a follow-up appointment with one of our doctors in the sleep clinic.