Your child’s sleep study
Getting ready for the study

Infants: You cannot explain the sleep study to your baby. You can help him feel more secure if you:
- Bring a special blanket, toy or pacifier.
- Comfort him with your presence and voice.
- Bring juice or formula to last through the night.
- Comfort him with your presence and voice.
- Use simple words.
- Be honest.
- Tell your child you will stay with him in the same room during the sleep study.

Toddlers and preschool-age children: Young children can become nervous or upset about the sleep study. The best time to talk with your child is on the day of the sleep study:
- Tell your child his doctor is giving him a test to make him feel better.
- Use simple words.
- Be honest.
- Tell your child you will stay with him in the same room during the sleep study.

School-age children: School-age children have good imaginations. They may be afraid if they imagine something much worse than the actual study.
- Tell your child he is going to the hospital to have a test.
- Use simple words to explain the sleep study.
- Be honest.
- Let your child know that you will be in the same room during the sleep study.

Getting the best results from the sleep study:
- Let your child fall asleep alone in the bed.
- Proper room temperature and lighting are important to the study. Ask your child’s technologist to change them if needed. Do not change them by yourself.
- Stay quiet during the sleep study. Do not use a cellphone, computer or TV.
- If your child wakes up, let him try to fall back to sleep on his own. It is alright to let him cry for a few minutes before comforting him.
- Remind your child not to pull off anything that the sleep technologist puts on him.