Scan this QR code to watch a video that shows what a sleep study is like in the UBMD Pediatrics Sleep Lab in Oishei.

Your sleep study may be at another location. The bedrooms may look different, but the experience of the PSG will be similar.

This material is intended for educational purposes only and should not replace the advice of a health care professional. Please consult your doctor for specific medical advice and treatment.

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UB|MD Pediatrics

SLEEP CENTER

A book that explains what happens during a "sleep study"



AASM ACCREDITED Facility Member™

What *is* a Sleep Study?



An overnight stay when a computer measures what happens when you sleep.

The computer uses stickers to see how you breathe when you are sleeping.

What is a Sleep Lab?

Sleep labs are places with the special rooms or "bedrooms" where all the sleep equipment we need is installed and ready to go.

There will be bed for you to sleep and a place for the adult with you to stay over-night too.

There are bathrooms there and places to change and brush your teeth.



CONTACT US

We ask that you give us as much notice as possible if you need to cancel or reschedule your sleep study.

To cancel, call **716-323-0370** or email **sleep@upa.chob.edu.**

ONLINE RESOURCES

UBMD Pediatric Sleep Center
UBMDpediatrics.com

American Academy of Sleep Medicine
http://www.aasmnet.org/
http://www.sleepeducation.org/

National Sleep Foundation
https://www.sleepfoundation.org/

UBMD Pediatrics Sleep Lab

Golisano Children's Hospital of Buffalo
818 Ellicott Street, 2nd Floor
Buffalo, NY 14203



Once you are all hooked up and look like this guy, it is time to relax and get some sleep!

DURING THE NIGHT:

- Don't worry if you don't sleep the entire time. We need some sleep, not a normal night.
- If you have any questions or need to go to the bathroom, just call the sleep technician into the room.
- When you are sleeping, the technicians *MAY* come into the room to check on you replace a sticker. Don't worry.
- Avoid looking at your phone or leaving the TV on at night.

In the morning, home you go!

The sleep technician will come into the room **very early** and wake you up.
They will take off all of the stickers and wires.
(Dawn Dish Soap works well to get the EEG gel out of your hair/off your head.)

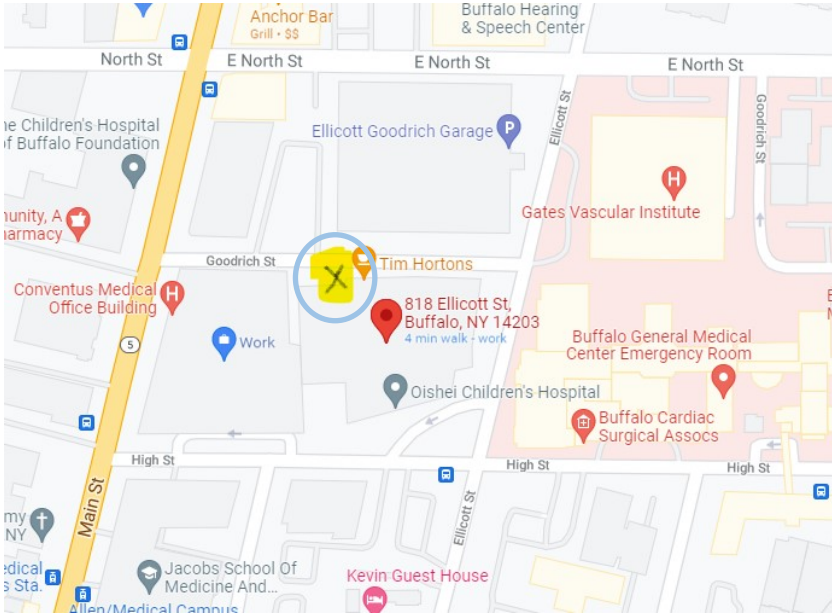
What to do on the day of your sleep study:

- ☐ Try not to drink or eat anything that has caffeine **after 3pm** on the day of your study.
- ☐ No naps that afternoon before the sleep study.



- ☐ Wear comfortable clothes you can sleep in.
- ☐ You can bring a water bottle but no other outside food or drinks.
- ☐ Take or bring any medications that you normally take each night.

We want the sleep study to be as close as possible to how you sleep at home.



Where is the sleep study?

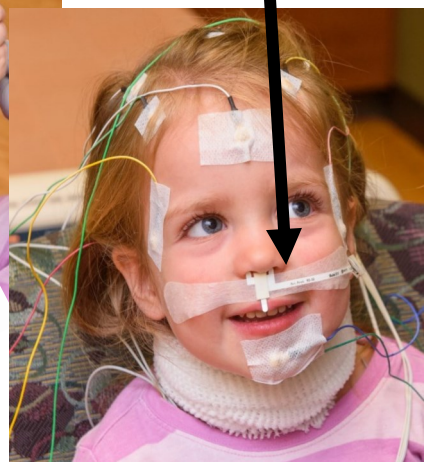
If coming to the Oishei Children's Hospital lab, park on **Goodrich street** (free at night) or in the **Ellicott Goodrich Garage.** Then you walk across the street into the ER entrance on Goodrich



When you arrive at the Golisano Children's Hospital of Buffalo, tell security you are there for a **sleep study.** They will call our **sleep lab phone** and the sleep technician will come get you.



The **LAST monitors we put on are the nasal monitors, kind of like a mustache**



These are the most important things to leave on ALL night so we can measure what your breathing is like when you sleep.

SELFIE TIME!

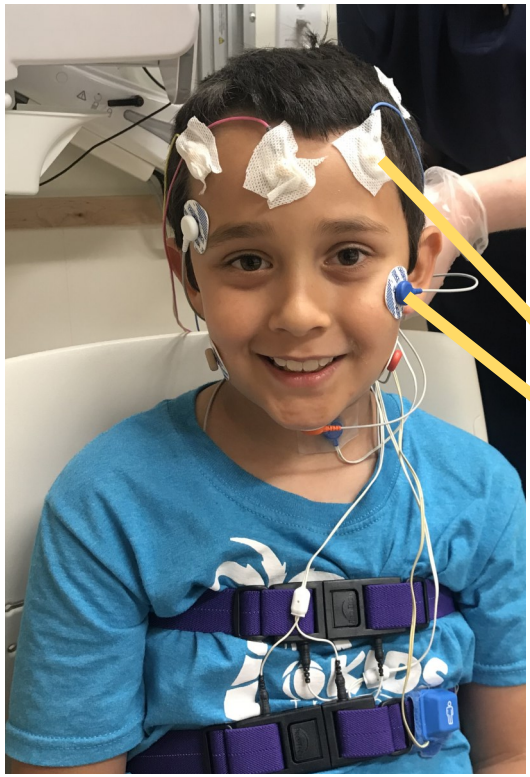
MAKE sure you TAKE PICTURES of how you looked like a Robot with a Mustache!

You're almost done.

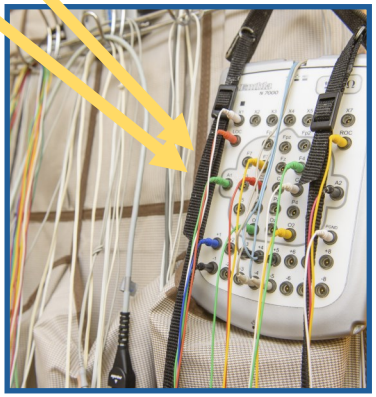
The technician will also put stickers on your head and face to measure your BRAIN WAVES, eye movements and muscles. This tells us what **type of sleep** you are having.

REMEMBER: None of these stickers or leads should hurt. So if something is bothering you, let the technician know!

The ones on your head use **gel** to detect your brain waves.







What happens during the sleep study?

Once you get to the lab, the technician will check your height, weight and blood pressure.

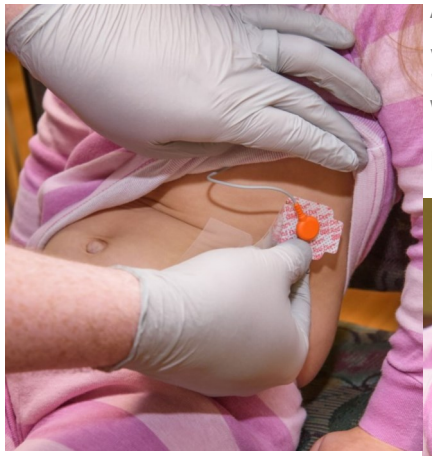


Then, it's TIME FOR…. **STICKERS.**

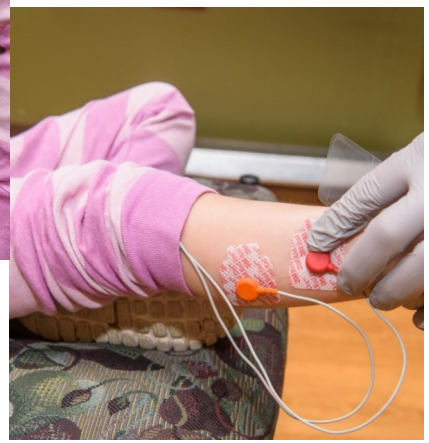
So many stickers!



You will get stickers on your chest to measure your heart beat.

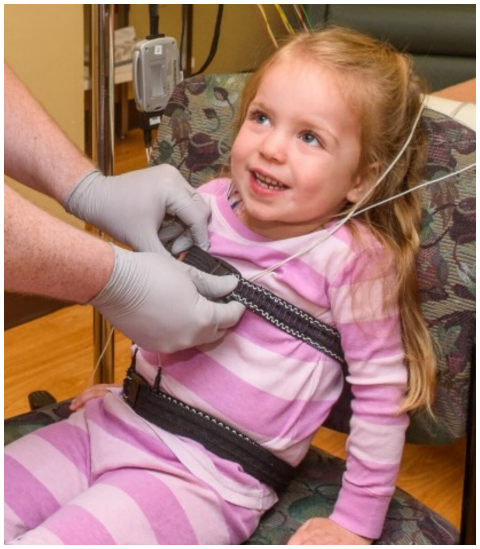


And two stickers on your legs to see when you kick or move your legs.



Then, they will put **belts** across your chest and your belly. These belts measure when you breathe you are sleeping. They need to be tight enough to stay on but not too tight.

They are softer than a belt for pants and are not uncomfortable at all.



FYI— It can take a good minute to get all hooked-up. So relax and watch a tablet or read a book.

If anything bothers you, let the technician know. They can always put the last few stickers on after you fall asleep.

The technician uses an oxygen sensor on your finger or toe to measure how your breathing affects you at night.

This is typically a lighted sticker or a plastic clamp that hugs your finger, like this one.



Psst —> If you get tired at any time during the hook-up, let the technician know and you can fall asleep at any time.

They can wait until you are comfortable to finish!

