

## Paediatric Polysomnography (PSG) and how to prepare for it

**Polysomnography**, also called a sleep study, is an overnight painless examination that records breathing, EEG (brain waves), muscle activity, as well as the blood oxygen level. The examination is painless.

### Before the procedure

Please inform us a week in advance if your child needs any of the following for the examination:

- Assistive devices
- Special diet (e.g. nutrient solutions)
- Prescription medication that needs to be given at the ward

Call us at 050 428 7766 about your child's needs.

The ward personnel will call you about the child's medication approximately a week before the examination. Please also bring a current list of the child's medication with you to the examination.

### Preparing for the examination

To ensure good electrode contact, the patient's hair must be clean and dry (no gel, hair spray, or oil). At the unit, the child will receive a buttoned shirt to wear during the sleep study. You may also bring a hoodie that opens at the front to cover the electrodes.

Our nurse is responsible for the technical success of the study. The child should have a parent with them. The role of the parent is to support the child and make them feel safe. There is a bed provided for one parent in the examination room.

### Examination

The child may sleep according to their normal sleep rhythm the night before the examination. On the day of the examination arrive to the department of clinical neurophysiology as scheduled.

Children with ventilator support

- Bring the device and all its equipment with you to the examination
- The examination nor any adjustments to the device cannot be performed without it.

Before the study, electrodes with cords will be attached on the child's head and skin. If needed, a test to ensure the functioning of the biosignals will be performed.

These preparations take about an hour. If the preparations take place during the day, the child may spend the additional time before the sleep study on the ward or at home. Avoid sweating to ensure the attachment of the electrodes.

The actual sleep study starts at 9 pm. Sleep is recorded continuously as long as possible. A nurse will connect the electrodes and sensors in the evening. If needed, they will also fix any detached or poorly connected electrodes.

The examination will end at the latest by 7 am next morning and all the electrodes will be removed.

### After the examination

You will receive the results of the examination from the doctor who treats your child.

If you do not know how to find out the results, please contact the outpatient clinic or ward that referred your child to this examination.

### Please note

Please bring with you your child's Kela card or identity card.

Cancel the appointment if you cannot come.

**Meals will be provided for the child during your stay. The ward has a fridge where parents can store their food. There is also a microwave, a water kettle and a coffee maker you can use.**

**Please see the video on polysomnography**  
(English subtitles available):

YouTube.com > Search:

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