

# Frequently Asked Questions: Undergoing a sleep study

## **What should we bring to a sleep study?**

Bring any sleep study all medicines, feeding supplies and breathing equipment used at home. Bring any comfort items like a favorite pillow, stuffed animal, pajamas or tablet.

## **Are there any needles in a sleep study?**

There are no needles, and nothing will hurt. The electrodes used to monitor the body during sleep are sticky though. We use a paste to place stickers on the child's face, legs and head.

## **How does the paste come off?**

It comes off with soap and water.

## **Can my parents stay with their child?**

One parent may stay overnight. There is a bed or sleeping cot will be provided.

## **What time will the sleep study end?**

The study will end at 6 a.m.