

Day-time polysomnography examination of babies under one year old

Purpose of the Examination

The purpose of daytime polysomnography is to diagnose the child's possible sleep apnea, partial upper airway obstruction, or other sleep disorders, depending on the case.

Preparing for the Examination

- The goal of the examination is to record as much sleep as possible. Because of this, the child should be kept awake beforehand, so that he/she will be asleep during the examination.
- It is important to feed the child before the examination, so that he/she will sleep peacefully during the examination. It is recommended to bring along additional food and a pacifier. Any regular medication can be taken normally.

Examination Process

The sleep examination includes a constant measurement and recording of the electrical activity of the child's brain, eye movements, muscle tension, heart rate, position and movement, blood oxygen saturation, and the breath carbon dioxide concentration. In addition, the examination is recorded on video. The examination lasts for about four hours. A parent, or any other adult the child feels safe around, should be present in the examination.

A nurse will begin by attaching the measurement sensors on the child. All sensors are attached on the surface of the skin, either by an adhesive or by other means. None of these measurements causes any pain to the child, and the child gets used to the attached sensors very quickly, so they will not disturb normal sleep. Once the sensors are attached, the child is expected to fall asleep. The goal is to record as much sleep as possible during the examination.

After the Examination

A nurse will detach the sensors after the examination has ended. A clinical neurophysiologist will analyse the examination and write a report. The report is directed to the clinic that ordered the examination. They will inform you of the examination results and any possible follow-ups.