



Sleep deprivation for ABR hearing testing

You have been given this leaflet because we would like to test your child's hearing while they are asleep, using melatonin. This leaflet will tell you about how to deprive your child of sleep before the test to help them fall asleep more easily for the ABR (auditory brainstem response) test.

We would like your child to go to sleep for between 45 minutes and 2½ hours for the ABR testing. With this in mind, listed below are the guidelines we would like you to follow depending on the age of your child. You will be given a separate leaflet explaining the use of melatonin and the ABR testing itself.

In order for the melatonin to be effective, it is very important that your child is not allowed to have a full night's sleep the night before the testing.

Young babies

If your baby is asleep when we arrive to start testing, they may be disturbed by the placing of the sensors and earphones, but we would still hope to get a sleep recording. As babies tend to fall asleep after a feed, we would ask you to be prepared to feed your baby after we arrive.

Older babies and toddlers

We would like you to keep your child awake for several hours before the ABR testing, so that they will take a nap after we have fitted the sensors. Please ensure that you have the things available that would normally help your child to settle, such as their bedtime toys or blanket, a dummy or drink. You may be asked to lie on the bed with your child to help settle them.

Three years plus and school age children

To help us get a successful ABR test in all older children, please deprive them of adequate sleep the night before the testing. This means keeping them up later, usually by 2-3 hours, and getting them up early on the morning of the testing. You then need to make sure they are kept active until the appointment. If possible do not allow them to doze and do not expose them to any screen time leading to the appointment (e.g. TV or tablet).

Adolescents

Please follow the instructions for school age children, but with extra sleep deprivation. With some older teenagers we may give an appointment early in the day; in this case more sleep deprivation is needed, particularly waking your child up earlier than normal. You might want to let your child stay up all night (watching DVDs etc) so they are much more likely to fall asleep in the morning.

If you have any further questions, please contact:

The Audiology Department on tel: 0118 322 7238

Email: audiology.royalberkshire@nhs.net

Website: www.royalberkshire.nhs.uk/featured-services/children-young-people/children-s-hearing-services/

To find out more about our Trust visit www.royalberkshire.nhs.uk

If you would like this leaflet in other languages or formats (e.g. large print, Braille or audio), please contact the Audiology Department.

Produced by: Dr Georgia Jackson, Consultant Community Paediatrician, Royal Berkshire Hospital

Acknowledgements: EEG department Oxford University Hospitals NHS information leaflet (with permission)

Reviewed: RBFT Audiology, March 2024. Next review due: March 2026

Compassionate

Aspirational

Resourceful

Excellent