

YOUR SLEEP STUDY TEST INSTRUCTIONS

Scheduled for _____ Arrive at _____

What is a sleep study?

A sleep study is a test used to evaluate breathing patterns, heart rate, oxygen levels and brain wave activity.

How is this done?

The information is gathered during this test by:

- Several small wires are attached to the scalp and face with a thick harmless paste.
- The use of two soft bands – one placed around the chest area and one placed around the abdomen area.
- Two pads placed on rib cage to record respiratory effort.
- Two ECG pads placed on the chest area to record heart rate.
- A soft bandage type probe placed on a finger or toe to measure oxygen saturation levels.
- A soft cannula and airflow sensor are placed under the nose to record you child's breathing.
- Two small pads will be placed on your child's leg to record leg movement.
- A small sensor will be attached to either your child's neck or forehead with a special tape.
- A small gauze cap will be placed on your child's head to keep the wires in place during the night.

How do I prepare my child for the test?

- **DO NOT** let your child take a longer than normal nap during the day.
- **DO NOT** allow your child to consume any caffeine on the day of the test (for example sodas containing caffeine, chocolate, etc.)
- **BATHE** your child and **wash his/her hair** on the day of the test. **DO NOT PUT ANYTHING ON THE HAIR (conditioner, styling gel, mousse, oil, etc.) on the day of the study.**
- **DO NOT** use any lotions or oils on the skin.
- **BRING ANY MEDICATIONS** or tube feeding formulas that your child is currently taking.
- **BRING** your child's favorite bedtime comfort items (for example: blanket, pillows, stuffed animal, toy, etc.). We encourage you to bring anything that will make your child feel more comfortable!!
- Please bring something comfortable for your child to sleep in and feel free to bring a snack or beverage for your child.

Where will we stay?

The sleep lab consists of two bedrooms. Each patient will have their own room, which consists of a bed for the child to sleep in (cribs are available if needed), a sofa for the parent/ guardian, a bathroom and TV with a VCR. We encourage you to bring movies or videos (we do have movies in the lab), books, dolls, Gameboys, etc., anything that will make your child feel more comfortable.

When and where do I go the night of the test?

- Please arrive at the hospital at your arrival time listed above.
- Upon arrival, go to the Registration Office on the first floor (mail hall – directly across from the ATM machine).
- After completion of admitting paperwork, the registration clerk will call the sleep lab and the technician will escort you to the lab.

- One parent/ guardian/ caregiver **MUST** stay with the child the entire night (there are accommodations for you).
- The test will be finished around 6:00 a.m.

How do I get the results of my child's sleep study?

You will get the results of the test in approximately 2-4 weeks or at your appointment with the ordering physician. The ordering physician's office will call you with results and schedule any necessary follow-up appointment.

IF YOU ARE UNABLE TO KEEP YOUR APPOINTMENT, PLEASE CONTACT THE SCHEDULING DEPARTMENT AT (757) 668-7251.

IF YOU HAVE **ANY** QUESTIONS ABOUT THE TEST OR NEED MORE INFORMATION, PLEASE CONTACT THE SLEEP LAB AT (757) 668-8116. WE WANT TO MAKE THIS AS COMFORTABLE AND PLEASANT AS WE CAN FOR YOU AND YOUR CHILD