



SLEEP TAPE

We are requesting that you make a continuous tape recording of your child while he or she is sleeping to help us develop a plan of care. This will require you to tape on a cassette or micro-cassette tape (one side only, approximately 30 minutes) as your child is sleeping. If you do not have a cassette recorder, but do have a video recorder, a video recording of your child sleeping will help us accomplish the same goal.

We want to be able to listen to your child's breathing, snoring, turning about, etc. while sleeping. To do so, you must have the microphone on the recorder about 1-2 feet from your child's mouth. The tape should start with a sample of your child's WORST snoring and then be allowed to run uninterrupted for 30 minutes. Most children with snoring will begin within the first hour of falling asleep and the snoring is usually worse when they are lying on their back.

When you have completed this tape, please mail it to the address below. Address it to the physician your child saw at his or her visit today. Please be sure to label your tape with your child's name and date of birth, as there are occasionally children with the same name. A cassette tape requires two (2) postage stamps to mail to us.

After we have received the tape your child's doctor will listen to the recording and the nurse will call you to discuss any recommendations he has made.

Thank you for your help in developing a plan of care for your child.

Dr. Darrow **Dr. Derkay** **Dr. Sinacori**

Mail to:

**Children's Hospital of the King's Daughters
Attention: ENT
601 Children's Lane
Norfolk, VA 23507**

OR hand deliver to:

**Virginia Thomas, M.A.
ENT Office**