

Patient Instructions for Overnight Sleep Study

_____ is scheduled for a sleep study (polysomnographic evaluation).

Date: _____ Time: 6:00 PM

Location: _____

Please refer to this sheet for address and directions to the Pediatric Sleep Center.

If your child is scheduled for ONLY a sleep study, it will end at approximately 5:00 AM the following day. If your child is scheduled for an overnight evaluation AND nap studies the following day, please be prepared to stay until all necessary tests have been completed (approximately 4:30 PM).

NOTE: Only ONE parent or guardian will be permitted to spend the night with the patient.

NOTE: Your child must NOT nap on the day of the sleep study.

WHAT TO EXPECT

- Small sensors will be placed on your child's scalp, face, chest, abdomen and legs for the purpose of monitoring brain wave activity, eye movements and muscle activity. There will be a small apparatus applied to the nose and mouth to measure breathing. Additionally, there will be two belts, one around the chest and the other around the abdomen, to measure respiratory effort.
- **One parent or guardian must be present during testing.** A recliner or couch will be provided for one adult to spend the night.
- Please no "tech devices" with sound after 9:00 - 9:30 PM. Please feel free to utilize headphones.
- Due to multiple families being in the sleep lab and patient confidentiality, please be considerate and stay in the room with your child.
- **IF IN THE KENNEDY OUTPATIENT CENTER** This facility is locked down after you arrive so once you are checked in we can't allow you to go back outside for any reason (trips to vehicle, smoking, etc) until the testing is over.
- It is important that you and your child arrive on time for your evaluation. **We require at least 24 hours notice of cancellation.** If your child is unable to keep his/her appointment, please call immediately.

WHAT TO EAT

- Your child may not have any caffeine (coffee, tea, chocolate or caffeinated soft drinks) after 12:00 noon the day of the sleep study. These products can affect the validity of the test.
- You and your child **should** eat your evening meal prior to arriving. Evening meals are not provided by the Pediatric Sleep Center.
- If your child requires food during the night such as juice, formula or any other food, **please bring them with you.**

WHAT TO WEAR

- For your child's comfort and convenience, we recommend bringing loose fitting two piece pajamas or a loose fitting T shirt and a pair of loose, elastic waistband shorts (diaper and T shirt for infants).

HOW TO PREPARE

- Please **DO NOT** allow your child to nap on the day of the study.
- Adolescents with facial hair **must be clean shaven** for the study.
- Please bathe your child and shampoo his/her hair prior to coming to the lab since sensors will be placed on the skin and scalp. **DO NOT use hair sprays, gels, oils or any other hair products.** If your child has long hair, please bring something to tie the hair back or place it in a ponytail.

MEDICATIONS

- Have your child take all routine medications as prescribed by his/her doctor. Notify the Pediatric Sleep Center staff if your child's medications include **tranquilizers or pain pills**.
- Bring any routine medications your child may require during the night and/or first thing in the morning. **We DO NOT dispense medication.** Please bring a list of your child's medications with you to the Pediatric Sleep Center.

WHAT TO BRING

- Your child's insurance card(s).
- All personal items that you and your child may require (diapers, toothbrush, toothpaste, etc.) as the Pediatric Sleep Center may not be able to provide these items.
- Any items that your child typically uses for sleep aids (stuffed animals, toys, etc.)
- Pillow and blankets are provided. However, you may bring your own for your child's comfort.
- Food and drink, if needed, as referenced on the previous page under **What to Eat**.
- Comfortable sleep attire as described on the previous page under **What to Wear**.
- Routine medications as described on the previous page under **Medications**.
- If your child is currently on CPAP/BiPAP, please bring the mask and headgear but **DO NOT BRING THE MACHINE.**

WHERE TO GO AND WHAT TO DO WHEN YOU ARRIVE

- Your official arrival time is 6:00 PM.
- **FOR CHILDREN'S HOSPITAL (INPATIENT) HOSPITAL** | 910 Blackford St., Chattanooga, TN 37403:
Please park in the Erlanger Main Parking Garage. To get to the Children's Emergency Department lobby from the parking garage, from level 1, enter through the Children's entrance and walk straight down the hallway until you arrive in the ED lobby. There you will need to inform the ambassador at the desk that you are here for a sleep study and they will page the technician.
- **FOR CHILDREN'S HOSPITAL KENNEDY OUTPATIENT CENTER** | 900 E. 3rd St., Chattanooga, TN 37403:
Please use the entrance off Palmetto Street and park in the patient parking lot in the front of the building to the right of the train. To get in to the building push the buzzer button on the speaker box to the right of the door and the technician will let you in.

AFTER REGISTRATION

- If you were prescribed Clonidine by your doctor, please administer this medication to your child **AFTER** speaking to the technologist.

AFTER THE SLEEP STUDY

Once the study has been completed, you and/or your child will have the opportunity to shower if needed. Afterward, the sleep technologist will escort you back to the lobby. There you will have your parking validated if your study was done in Children's Hospital.

No results will be given to you via phone. You will need a follow up appointment in office to obtain results. If directly referred, the results will be forwarded to your child's physician once scoring, review, interpretation, and reporting has been completed by our physician.

If you have questions, please call the Children's Hospital at Erlanger Pediatric Sleep Center at **423-778-4772**.