

PEDIATRIC POLYSOMNOGRAPHY

What is it?

Polysomnography is a sleep study that involves monitoring various bodily functions during sleep, usually during regular nighttime sleeping hours. It allows detection of changes that only occur or are altered during sleep. When the sleep study is evaluated, appropriate diagnoses can be made, allowing treatment to be tailored to the specific problems identified. Some of the problems that can be evaluated by a polysomnography are excessive daytime sleepiness, breathing difficulties during sleep, and periodic leg movements.

Arrival time will be scheduled for between 8pm and 9pm. Expect to remain until a full night's sleep activity has been recorded. Upon arrival at the Sleep Lab, sufficient time will be allowed to get comfortable with the new environment. Sensors will be placed on the scalp and other areas to monitor brain waves, eye movements, muscle tension, breathing, heart rate, and oxygen levels in the blood using a photo-light sensor. Once all the sensors are in place, the monitoring period will begin. A trial of nasal CPAP may be added during the night if ordered by your child's doctor and criteria are met during the sleep study.

A specially trained technologist will explain all the procedures and answer questions. The technologist will be present throughout the night to monitor the recording and to assist with any questions. For children under 18 years of age, at least one parent (guardian) must remain in the Sleep Lab all night to assist with comforting and caregiving. A recliner will be available. If your child requires a crib, please inform the Sleep Medicine Department when scheduling your appointment.

If you have questions about the polysomnogram, please call the Sleep Medicine Department at **522-4448**. Our office hours are Monday to Friday from 8am-4pm and closed from 12:30pm-1:30pm for lunch.

When You Arrive for Your Test

Report to the Straub Sleep Medicine Department at your appointment time. The Sleep Medicine Department is located in the main hospital building directly under the cafeteria. Please be advised that our night staff arrives at 8pm. If you arrive earlier than 8pm, please have a seat and the night staff will be in shortly. Parking is available in the Straub parking garage for \$5.00.

Preparations and What to Bring for your child

- No caffeinated drinks after lunch time.
 - Wash the child's hair before the test. Do not apply any hair creams, gels or spray.
 - Notify the Sleep Lab if any cold, seizure, asthma or behavior medications are being taken. The Sleep Lab does not provide medication or give medication. Please bring any needed medications with you.
 - Bring loose fitting night attire. For infants, no long pants or full body pajamas. We need to place leg wires on the lower legs and an oxygen sensor on the big toe.
 - Bring personal items such as toothbrush, toothpaste, shampoo, favorite pillow or blanket as you wish, extra clothes, book, game, juice or snack.
 - Do not bring any valuables
 - Family and friends, except the parent or caregiver who will be assisting in caregiving, may not be present during the sleep study without prior approval from the Sleep Medicine Department.
 - Linen and towels will be provided.
- For infants:** Bring bottle(s), blanket, extra clothes, diapers, favorite toys.

Advisory

- The skin preparation for sensor placement may result in reddening of these skin areas. The redness should go away in a few days. Topical first aid creams or ointment can be used for any discomfort.
- On rare occasions during skin preparation, the skin may be rubbed hard enough to cause scabs to form after the sensors have been removed. Again, first aid treatment should help these areas heal.

Rescheduling or Cancellations:

Please call us at 808-522-4448 as soon as you know a change in your appointment is necessary.

CAUTION: Missed Appointment/No-Show Disclaimer

The Straub Sleep Medicine Department requires a 24 hour advanced notice if you are unable to keep a scheduled appointment. Failure to do so will result in termination of referral and a notice to the referring provider. Rescheduling of any appointment will require a new referral.

Insurance companies require a minimum of 7 hours of data. If you are sent home due to illness or you leave before sufficient data is collected, the test will not be covered and you will become responsible for any charges. Please take the time to contact us or leave us a message at 522-4448 at least 24 hours prior to your appointment time.

Test Results

Your sleep study will be scored and interpreted by one of our sleep medicine physicians. This takes approximately **10-14 business days** and will be sent to your referring physician. Please be sure to schedule a follow up appointment with _____ at least two weeks after the sleep study appointment date.

POLYSOMNOGRAPHY APPOINTMENT:
DATE: _____
TIME: _____
LOCATION: STRAUB MEDICAL CENTER
MAIN HOSPITAL BUILDING
BASEMENT FLOOR

Thank you for choosing Straub Medical Center