

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 polysomnography are excessive daytime sleepiness, breathing difficulties during sleep, and unusual behaviors during sleep.

Arrival time will be scheduled for either 8:00 pm or 9:00 pm. 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 13 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 us when scheduling your appointment.

Arriving for the test:

Report to the Straub Sleep Medicine Department at the scheduled appointment time. The Sleep Lab is located in the basement floor of the main hospital directly under the cafeteria. Please be advised that the night staff will be in at 7:00 pm. If you arrive earlier than 7:00 pm, please have a seat and the night staff will be in shortly. Parking is available in the Straub parking garage for a flat rate of \$3.00 with validation.

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 Late Arrival

Please call us at 522-4448 **as soon as you know** a cancellation is required or that there will be a change in arrival time. If you need to change your arrival time and you call after 3:30 pm on the day of the test, please leave a message on the answering machine with your name and your expected time of arrival and a phone number where you can be reached. If you cannot keep the appointment or are ill, contact us **by 11:30 am** or at least 8 hours prior to the appointment time so that the test can be rescheduled. If necessary, the technologist will call you back to confirm that you will be arriving late or that you must reschedule your appointment.

CAUTION: No Show Policy

If you call to cancel the appointment less than 8 hours before the scheduled time or come to the appointment but leave before any or enough data for interpretation are collected, you will be charged for technician and set up expenses which amount to approximately \$240. Insurance companies generally will not cover these charges. Please take the time to contact us or leave us a message at 522-4448 at least 8 hours prior to your appointment time.

Test Results

Results of the sleep study will be discussed at a follow-up appointment. Please arrange that appointment with Dr. _____ for 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