



Pediatric Sleep and Research Center

Your child, _____, is scheduled for a Nighttime Sleep Study (Nocturnal Polysomnogram) on

WHAT TO EXPECT WHEN YOU ARRIVE

Your child's test is at _____ pm (please arrive 15 minutes prior to appointment for registration). Please go to ER registration. Following registration, please wait in the ATRIUM on the GROUND floor near the large clock. A technician will arrive to escort your child and you to the private sleep room (a scaled down hospital room). Your child will be weighed and paperwork will be processed. Small sensors (electrodes) will be applied to your child's scalp, face, and body with tape and adhesive substance. These sensors will remain in place throughout the recording. The sensors are painless and do not penetrate the skin. During the monitoring, an intercom is available to summon a technologist if your child or you need assistance.

ON THE DAY OF THE TEST BEFORE YOUR CHILD ARRIVES

1. DO NOT drink soda, energy drinks, or other beverages containing caffeine or eat chocolate.
2. If your child is still taking daily naps please do not allow them to sleep past 3:00 PM on the day of the testing.
3. Try to maintain your child's usual daytime schedule unless otherwise instructed.
4. Please shampoo and dry your child's hair as this improves the quality of the sleep recording. Do not use hair spray, hair oils, or styling gels. Please remove braids and all beads.
5. Make sure your child has had a meal prior to arriving at the Sleep lab. (There is no food service at the hospital during the night.) You may bring a **small** snack for your child to eat after hook-up and before lights out.

WHAT TO BRING FOR YOUR CHILD'S TEST

1. Toiletries (i.e. toothbrush, toothpaste, hairbrush, etc)
2. 2 piece pajamas
3. Bring any prescription or over-the-counter medications that your child usually takes. You will need to be able to administer medications to your child. (We are unable to administer medications).
4. Reading materials if desired. Television is available in the sleep rooms with VHS.
5. Special pillow, blanket or stuffed animal.
6. Bottle or sippy cup with beverage (if applicable).
7. Diapers or pull-ups (if applicable).

GENERAL INFORMATION

1. Sleep tests are OUTPATIENT procedures. Nursing service and medications are not provided.
2. **SMOKING POLICY: NO SMOKING** is permitted in the Sleep Disorders Lab or on the SSM Cardinal Glennon Children's Medical Center's premises.
3. Cell phones must be turned off once testing begins and this includes texting. You may give out our phone number (314-268-6413) to family members if they need to reach you during the night.
4. **ACCOMMODATIONS:**

One parent/guardian *must* stay overnight with the child. However, if a parent snores or otherwise affects the child's sleep pattern, he or she will be asked to stay in the waiting area. **NO SIBLINGS ARE ALLOWED.**

Friends and Family members: Hotel and motel information can be obtained by calling the Sleep Disorders Lab. Family and friends who plan to stay overnight should make advance reservations with local hotels/motels. We are unable to accommodate more than one family member with the patient.

Also, about a week before the test you will need to call admitting at **314-989-6792** to get your child pre-registered. At that time, your insurance information will be verified. Please note that there may be a co-pay or deductible due at time of registration. Please call 314-577-5604 with any questions regarding payments.

Please call the Sleep Disorders Lab (314) 268-6413 if you have further questions or if you need to reschedule or cancel your appointment. Our daytime office hours are Monday-Friday, 8:00 am-4:00 pm.