

## HOUSE RULES



Note for all Parents:

We at the Sleep Lab wish to make this experience as welcoming as possible for you and your child. Visiting the hospital for any kind of testing can be scary for our patients, and we hope that you find our facilities comfortable and clean; and our services friendly, efficient and professional.

We are aware that every patient has a different bedtime routine at home. While we want to respect home routines, we also wish to establish the best routine possible while in the lab, which may be different. Because of the limited amount of time we have to attain a good test, we have some general "HOUSE RULES" for patients and parents once they enter the lab:

1. **TELEVISION:** Once the lights go out for the beginning of the study, the television also goes off for the night, even if your child is used to falling asleep to a television at home. The lights, television, noises, etc are all stimulants which can deter your child from falling asleep.
2. **PARENTS IN THE CHILD'S BED:** We realize that many children find comfort in the presence of a parent in bed when they are scared. We recommend the parent remain out of the child's bed during the study – the parent's own sleep behaviors can disturb the child's sleep and the study. If it is necessary to console the child by getting into their bed, we recommend that once the child returns to sleep, the parent goes back to their own bed to limit the amount of potential disturbances.
3. **CELL PHONE/LAP TOPS/ELECTRONIC USE:** Once the study begins, please turn off your cell phone or put the phone on the vibrate mode, and out of view of the child. If it is necessary to make or answer a phone call, please exit the room to talk. Frequent phone calls, text messages, internet, iPod, etc can disrupt your child's sleep and the study. Also, patients will not be allowed to have their cell phones during the night.
4. **ENTERING/EXITING THE ROOM:** Please limit the amount of times you enter or leave the room. Opening and closing doors in the room and the sleep lab disturbs your child and other children also undergoing sleep studies.
5. **GUESTS:** Unless cleared with the Sleep Lab staff PRIOR to your child's sleep study, additional overnight guests are unable to stay in the room with the child. Additional guests coming in during the night will be asked to leave.
6. **EATING/DRINKING:** Please do not provide your child with a large amount of food or drink just prior to the study and during the night. You may bring a small snack if needed.
7. **LEAVING THE DEPARTMENT:** The parent **must** remain in the child's room the entire night. If a break is needed, they may leave for 10 minutes but must return to the child's room. They must also wear the visitor nametag at all times. Please respect the privacy of the other patient's and limit the amount of travel in the hospital.
8. **ADDITIONAL HANDICAP ACCESSIBLE BATHROOMS:** Every testing room has a restroom with a shower and are handicap accessible.

Thank you,  
Sleep Lab Staff