



Important Information About Your Child's Sleep Study

Your Child's Sleep Study (Nocturnal Polysomnogram)

What is Involved:

Your child's doctor has requested your child undergo a sleep study. Although this is a simple procedure, the study involves recording a large amount of biological information. To obtain this information, many small sensor, light belts and some tubing are taped to your child's skin. If your child is sensitive to tape or Band-Aids, please let the technician know this before attachment of the sensors. These sensors are needed to tell the doctors different things about how your child sleeps, and things that change during sleep. No blood is drawn and the study does not involve needles or any other invasive tests.

Accommodations:

Rooms in our sleep laboratory are designed to obtain as much information as possible. All the equipment and sensing devices are required to obtain the information your doctors need to help your child sleep well. Since this is an outpatient procedure, meals are not provided. Food is available in the hospital cafeteria. If your child is having their sleep study at our outpatient center in Westchester, there are vending machines and a microwave for your convenience. Both locations have a designated refrigerator where formula, food and medication may be stored. If your child is having their sleep study at our outpatient center in Grayslake, there are vending machines and a microwave for your convenience. We do not have a designated refrigerator where formula, food and medication may be stored at our Grayslake location.

Where to go & How long it will take:

You and your child will spend about 11 hours in the sleep laboratory. Please try to arrive at 7 p.m. Your check in point for either location is in the main lobby area. You will then be directed to the sleep laboratory. We do our best to release patients by 6 a.m. so that work and school schedules can be maintained. If you need to leave earlier, please let your child's technician know so she/he may wake you at the time you request.



What the Sleep Study Does

The following medical information is continuously monitored during the study:

- Electroencephalogram (EEG/ brain waves- small wires are attached to the scalp with special cream and held in place with lightweight bandage)
- Electrooculogram (measuring eye movements- small wires are taped near your child's eyes to measure eye movements during dreaming)
- Electromyogram (small wires are taped to the chin and legs that measure muscle tone of the muscles below the chin and the muscles of the leg shin)
- Electrocardiogram (EKG/ heart function)
- Airflow and carbon dioxide from the nose and mouth (a small tube similar to oxygen tubing is positioned beneath your child's nose. This tubing measures pressure changes and carbon dioxide - unless your child's doctor has prescribed oxygen, the tube is used only for measurements and does not blow anything into her/his nose).
- Chest and stomach movement during breathing (small light sensing belts are placed around your child's chest and stomach)
- Diaphragm muscle activity (small sensors, like EKG wires are placed on your child's chest)

Surprisingly, all these sensors do not interfere with sleep, and almost all children will fall to sleep within about 30 to 60 minutes after the lights are turned out. They may not like it, but almost all children sleep well in the laboratory.

Preparation for the Sleep Study

- Please bathe your child and wash her/his hair. Please do not apply oil, styling gel, hair spray or any other material to your child's hair. These may significantly interfere with the EEG recording.
- Do not give your child any chocolate, tea or candy that may contain caffeine after 3 p.m. on the day of the study.
- Bring your child's normal medications with you. You may give your child any medications she/he would usually take – **Medications cannot be dispensed or given by the staff of the sleep medicine center.**

Please prepare a list of your child's normal medications. If your child is allergic to tape or Band-Aids, please tell the staff before the study. Please tell the staff of any allergies your child might have.



After the Sleep Study

- Your child's sleep study will be scored by a registered polysomnographic technician.
- Your child's sleep study will be comprehensively reviewed and analyzed by one of the sleep medicine center's physician staff. The information will be used to make a diagnosis. This information will be faxed within 48 hours to your primary care physician, and the doctor who requested your child have the study. Please let the staff know if you would like any other doctors to receive a copy of the final report. It is best to get the results of the study from your doctor. If you would like to speak with the staff about the study, please feel free to call and we will do our best to help you.

Before you come to the hospital

We require one parent or caretaker to stay in the sleep laboratory overnight with your child. Space is limited and there is room for only one parent.

Things to Bring With You

Since a sleep study is an overnight outpatient procedure, you will need to bring certain things:

- For the comfort of your child, please bring regular pajamas. Please do not bring pajamas with feet, since there will be sensors taped to your child's shins.
- Personal toilet items including toothpaste, toothbrush and a change of clothing for the day. If needed, please bring diapers for your child.
- Feel free to bring a special blanket or pillow to make your child feel more at home.
- **Please bring any special medication you or your child will require during the night.**





Other Reminders

Please remember to bring your insurance card and identification with you to your appointment.

If you are an HMO patient, you must also provide a HMO authorization. It is best to do this before the study. The staff of the sleep medicine center will help you with all insurance authorizations.

Lurie Children's Hospital

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Lurie Children's Outpatient Center in Westchester

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Westchester, IL 60154
Phone: 312.227.7900

Lurie Children's Outpatient Center in Grayslake

1475 E. Belvidere Rd., Suite 203
Grayslake, IL 60030
Front Desk Phone: 312.227.2220
Sleep Lab Control Room Phone (after 6pm): 312.227.5599

Contact us

To schedule a sleep study appointment call 312.227.6740
To make a new appointment with a sleep specialist, call 1.800 KIDS DOC®
luriechildrens.org/sleepmedicine

If you need to cancel your appointment, please call the sleep medicine center 48 hours prior to your child's scheduled date.