



Levine Children's Sleep Medicine

Pediatric Sleep Study Information

CHS Sleep Medicine Pineville

10036-B Park Cedar Drive

Charlotte, NC 28210

Ph: 704-510-9900

Other Satellite locations

CHS Sleep Medicine University

10320 Mallard Creek Road Suite 220

Charlotte, NC 28262

CHS Sleep Medicine Union

Outpatient Treatment Facility

600 Hospital Drive

Monroe, NC 28112

CHS Sleep Medicine Cleveland

201 E. Grover Street 5th Floor

Shelby, NC 28150

Your child has been scheduled for a sleep evaluation (polysomnography). Your child's sleep study will be performed at the location indicated above. You must accompany your child to the sleep center and remain with your child until the testing procedure is completed.

- Your child is scheduled for an overnight evaluation only that will end at approximately 6:30 A.M. the following day. Please arrive at the Sleep Center at 7:00 P.M. You and your child should eat your evening meal prior to arriving. Evening meals are NOT provided at the Sleep Center.
- Your child is scheduled for an overnight evaluation AND daytime nap studies (MSLT) the following day so please be prepared to stay until 4:30 P.M. the next day. Breakfast and lunch will be provided for you and your child during the day test. Please arrive at the Sleep Center at 7:00 P.M.

Please read all the information below as it is critical in ensuring that the study is a success!!!

Please complete the attached questionnaire with sleep diary and bring it with you to the appointment

CANCELLING A SLEEP STUDY:

- If for any reason, you need to cancel or reschedule your sleep study, we ask that you call **704-510-9900 or toll free (877) 275-3373** at least 48 hours prior to the date of the study.
- Failure to notify the Sleep Center of cancellation without 48 hours' notice will result in an administrative charge to the patient. This fee is not covered by insurance or Medicare.

IS THIS STUDY COVERED BY INSURANCE?

- Sleep studies are covered under most medical insurance plans, although deductibles and percentages of coverage vary. Details regarding coverage should be directed to your insurance company. We will verify insurance benefits and coverage prior to your sleep study. Feel free to call the Sleep Center at **(704) 510-9900** if you have any questions or concerns.

WILL I NEED TO STAY WITH MY CHILD DURING THE STUDY?

- Yes, one parent or guardian is required to stay at the sleep center with the child during the entire testing procedure. Small children usually sit on their parent's lap during the hook-up process. To prevent interferences with the data collection during the sleep study, when possible we aim to avoid parents' "co-sleeping" with child.
- The Sleep Center can accommodate only one parent/ guardian to accompany the child.
- The accompanying parent will be able to sleep in a recliner or pull out sofa in the child's bedroom throughout the night.

PRIOR TO THE SLEEP STUDY:

DO's

- Complete the attached forms, questionnaires and sleep diary for your child prior to the study date.
- Skin and hair care: Since sensors are placed on your child's skin and scalp, please bathe your child and shampoo their hair prior to the test to allow best quality signals during the sleep study.
- Evening meal: You and your child should eat your evening meal prior to arriving. Evening meals are NOT provided at the Sleep Center.
- Comfortable night wear
 - Children are welcome to come to the sleep lab already in their pajamas if desired. Please have your child wear something loose and comfortable, such as gym shorts and a tee-shirt, sweat pants and a tee-shirt, or pajamas. (please do not wear all-in-one pajamas or silky clothes)
- Medications: Please continue prescribed medications as directed by your physician.

DON'Ts:

- Skin & hair care:
 - Do not use any hair products including conditioner, hair spray, or hair oils,
 - Hair weaves are not permissible since they do not allow access to the scalp.
 - Please do not use any lotions on your child the night of the study.
 - Remove all make up.
 - If your child has acrylic/artificial finger nails, at least one must be removed for the study.
 - Do not use any perfumes or colognes. Deodorants/antiperspirants may be used
- Caffeine: Avoid letting your child have any caffeinated beverages (such as soda, coffee, tea, iced tea, energy drinks etc.) for 12 hours before their scheduled time of arrival at the sleep center.
- Naps: Please avoid letting your child have a late afternoon nap before arriving for the sleep study.

WHAT TO BRING TO THE SLEEP CENTER:

- Completed forms/questionnaires and any doctor's orders, prescriptions, or referral forms that your child's doctor has given you. Present them to the technician upon arrival.
- Medications, both prescription and over the counter, that your child may need to take while at the sleep center.
 - Technicians are unable to provide or administer any medications at the sleep center. A refrigerator is available for medications that need to be kept cool. Do not have your child stop taking any of his/her medications without first consulting your child's physician.
- Snacks: If your child requires food during the night such as juice, formula or any other food of your child's preference, please bring them with you. The sleep center will have some snacks available.
- The rooms are supplied with pillows, blankets, towels, and washcloths. However, please bring
 - Any personal sleep aids that will make your child more comfortable in the sleep lab, such as a favorite pillow, blanket, stuffed animal, special toy(s), pacifiers, bottles etc.
 - Any needed personal toiletries, and a change of clothes for after the study.
- Please do not bring any valuables with you to the Sleep Center.

WHAT TO EXPECT DURING THE SLEEP STUDY:

A Sleep Technologist will greet you and your child in the reception area of the Sleep Center at the time of your appointment.

The sleep center's private bedrooms have private bathrooms available for showering your child after the study is completed.

- The Sleep Technologist will apply several different types of sensors to your child. The sensors monitor brain waves, eye movements, muscle tone of the jaw and legs, breathing effort of the chest and stomach, snoring volume, oxygen and carbon dioxide levels, and airflow from the nose and/or mouth.
- Putting on the sensors does not hurt. To obtain a recording with enough information for our Pediatric Sleep Specialist to accurately interpret the sleep study, it is essential that most of the sensors remain in place. If the sensors come off during the study, the technician will need to come into the room to reapply them.
- Once the sensors have been calibrated, the study will begin. During the study, it may be necessary for the Sleep Technologist to enter the bedroom to adjust or reattach sensors, assist you or your child in relation to conducting the study.

WHAT IS A POLYSOMNOGRAM (SLEEP STUDY)?

- A polysomnogram is a diagnostic study that measures the quality of sleep. A typical polysomnogram includes the following measures:
 - Brain waves (electrodes placed on the scalp)
 - Eye movement (electrodes placed on the face, by the eyes)
 - Chin muscle tone (electrodes placed on or near the chin)
 - Heart rate (electrodes placed on the chest)
 - Leg movements (electrodes placed on the legs)
 - Breathing (breathing sensor placed near the nose and mouth)
 - Breathing effort (two small elastic belts placed around chest and abdomen)
 - Oxygen level (small sensor attached to the finger)
 - Audio and video recording

WHY IS IT NECESSARY TO RECORD THE ABOVE FUNCTIONS?

- During sleep, the body functions differently than while awake.
- Disturbed sleep from various reasons such as breathing difficulties, lack of sleep stability etc., can interfere with your child's ability to obtain a good quality restful sleep. Poor quality sleep at night can affect daytime activities including performance in school. In addition, poor sleep can cause a variety of behavioral, learning, and health problems in the long run if not treated appropriately.

WILL THIS PROCEDURE BE PAINFUL FOR MY CHILD?

- No. This is a painless and non-invasive (no needles) testing procedure. The electrode sensors are attached to the skin with hypoallergenic tape, like a Band-Aid. The electrode sensors on the scalp are put on with a paste that washes out of the hair with warm water.

HOW WILL MY CHILD SLEEP WITH ALL OF THE ELECTRODE SENSORS?

- Most children sleep reasonably well. Our goal is to obtain a sample of your child's sleep pattern. The body sensors are applied so that your child can move during sleep and change positions during the night. The sleep rooms are set up like normal, comfortable bedrooms, and our staff tries to make the environment as comfortable as possible.

FOLLOWING YOUR CHILD'S SLEEP STUDY:

- The results of your child's sleep study will be forwarded to his/her physician. The staff is not allowed to discuss the results of the sleep study before you leave. Once the sleep doctor reviews the data, the doctor's office will contact you.