



SLEEP STUDY INFORMATION AND GUIDELINES

Dear Parent,

Please be aware of the following important details regarding your child's upcoming sleep study at Pediatric Sleep Specialists Loveland Sleep Lab:

Location: 2021 North Boise Ave, Loveland, CO 80538 - Telephone: (800) 506-8933 Fax: (855) 863-6522

The sleep study will be conducted at the **Pediatric Sleep Specialists Loveland Sleep Lab**, located at the address above. The facility is located inside the Rocky Mountain Professional Plaza on the third floor. Parking is inside the North Parking Garage accessible only from High Street. Take the elevator to the third floor then exit to the first door on the left. Ring the doorbell and a technician will come to assist.

Confirmation:

We will contact you in advance to confirm your appointment. If we do not receive a confirmation response from you by 5:00 p.m. the day before your scheduled sleep study, it will be canceled. For any questions or rescheduling needs, please feel free to contact us at (800) 506-8933.

Cancellations:

To facilitate our preparations, please inform us promptly if you need to reschedule your child's appointment.

Accompanying Parent:

While both parents are welcome to accompany the child during the hookup, only one parent is permitted to stay with the child throughout the study. Additional visitors will not be permitted.

Arrival and Check-In:

Ensure that you arrive promptly at your scheduled time. If you are unsure of your check-in time, please contact our office.

Health Screening:

Both the parent and child will undergo a screening process for any illnesses before entering the suite.

Safety Measures:

For the safety and well-being of all participants, we have implemented the following measures:

- Only one parent is allowed to stay with the child during the study.
- Health screenings are mandatory for both parent and child.
- Parent and child will be directed to their designated monitoring room upon entering the suite.

Study Procedure:

The sleep study, also known as a Polysomnogram, is a comprehensive assessment of your child's sleep patterns and vital functions. During this non-invasive examination, our team will meticulously record various physiological parameters to ensure accurate results.

1. **Patient Comfort:** Your child will stay in a private room adjacent to the recording laboratory, with a technologist present at all times. You, as the accompanying parent, are also required to stay with your child during the study. Please refrain from bringing other children or family members, as our facilities cannot accommodate them.



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- 2. Sensor Placement:** Our skilled technologists will measure and mark specific points on your child's head. Electrodes are then attached near the temples on both sides of the head, capturing brain wave activity. Additionally, sensors are applied to the body with gentle paste and tape to monitor sleep stages.
- 3. Breathing Assessment:** We use lightweight elastic belts to assess your child's breathing patterns. A flow sensor sticker is placed under the nose, and a nasal cannula, similar to an oxygen cannula, is positioned in the nose to monitor airflow and oxygen levels. These sensors are essential for comprehensive data collection.
- 4. Monitoring Equipment:** All of the monitoring equipment is non-invasive, meaning no needles or injections are involved. The purpose of these sensors is to provide a complete picture of your child's sleep, including brain activity, eye movement, respiration, heart rhythm (EKG), oxygen saturation, carbon dioxide levels, snoring, and body movements.
- 5. Duration:** The study will run for a minimum of eight (8) hours, typically concluding between 5:30 am and 6:00 am. Please be prepared to spend the entire night in the sleep study room.
- 6. Room Environment:** To maintain the integrity of the study, we ensure a quiet environment with the lights/electronics turned off. We kindly request that cell phones be turned off during the study. If you need to make phone calls in the room once the study begins, please do so in the hallway or the patient waiting area.

MSLT Procedure:

The daytime study, also known as a Multiple Sleep Latency Testing, is a test that will measure how quickly your child falls asleep during the day. During this non-invasive examination, our team will meticulously record various physiological parameters to ensure accurate results.

- 1. Patient Comfort:** Your child will stay in a private room adjacent to the recording laboratory, with a technologist present at all times. You, as the accompanying parent, are also required to stay with your child during the study. Please refrain from bringing other children or family members, as our facilities cannot accommodate them.
- 2. Sensor Placement:** Our skilled technologists who measured, marked the specific points on your child's head then placed the electrodes near the temples on both sides of the head, capturing brain wave activity will remain in place for the duration of the testing.
- 3. Monitoring Equipment:** All of the monitoring equipment is non-invasive, meaning no needles or injections are involved. The purpose of these sensors is to provide a complete picture of your child's sleep, including brain activity, eye movement, respiration, heart rhythm (EKG), oxygen saturation, carbon dioxide levels, snoring, and body movements.
- 4. Duration:** There will be 5 naps at 2-hour intervals from start time to start time. Nap times would be close to 0800, 1000, 1200, 1400, 1600. During each nap period, they will have 20 minutes to fall asleep and then be given a 15-minute sleep allowance. Depending on when they fall asleep, the nap will be between 15-and 35 minutes. If they don't fall asleep at all, they will get up and then try again at the next nap time.
- 5. Room Environment:** It is important that the patient remains awake in-between naps, so bring something to keep your mind active. It is a great day to Netflix binge. (We have free Wi-Fi). However, to maintain the integrity of the study, the lights/electronics/cell phones will need to be turned off during naps.
- 6. Meals:** No caffeinated beverages for the patient on the day of the MSLT until after the last nap is completed. Please bring your breakfast and lunch meals pre-labeled for storage during the study in the refrigerator as the patient and caregiver must remain at the lab for the study. Alternatively, you may have food delivered at your cost by using services such as Doordash, GrubHub, etc.



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Important Notes:

Preparing Your Child: Explain the sleep study to your child in an age-appropriate manner. Reassure them that it involves no needles or shots and is painless. They can bring a favorite toy or blanket for comfort. Ensure your child's hair is washed and dry on the morning of the test, without any conditioner or hair products applied. Avoid creams, oils, lotions, or powders on the body four hours before the study.

Daily Routine / Naps: Please maintain your child's usual routine leading up to the study. Do not alter their bedtime or nap schedule.

Personal Items: For your child's comfort and convenience, please bring any necessary items they routinely need, such as formula, diapers, pajamas, or a favorite blanket. Ensure that your child has supper before arrival.

Medications: Continue your child's routine medications as prescribed by their doctor. Bring any necessary medications, including emergency ones like Diastat, rescue inhalers, or an Epipen. Avoid changes to your child's medication on the day of the exam. No caffeine consumption on the day of the test.

CPAP Mask: If your child has been provided with a CPAP mask during a clinic visit, remember to bring it to the sleep study appointment.

This detailed study procedure allows us to gather precise data about your child's sleep and related functions. Your cooperation and adherence to these guidelines are essential to ensuring accurate results and the best possible care for your child. If you have any questions or concerns regarding the study procedure, please do not hesitate to contact our office at (800) 506-8933 between the hours of 8:00 a.m. and 5:00 p.m.

Sincerely,

Pediatric Sleep Specialists