



## 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 Houston Sleep Lab:

**Location: 6031 East Woodmen Road, Suite 330, Colorado Springs, CO 80923 - Telephone: (800) 506-8933 Fax: (855) 863-6522**

The sleep study will be conducted at the **Pediatric Sleep Specialists Woodmen Sleep Lab**, located at the address above, inside the Saint Peregrine Pavilion building. When driving up, follow the Saint Peregrine Pavilion signs. There will be ample parking available for free. Walk up to the entrance of the building; if the entrance is not open, intercom can be used to call directly to the Sleep Lab, and a staff member will come to get you.

### **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.



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.

### **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