



What to Expect During a Sleep Study Appointment

What is a sleep study?

For most patients, a sleep study is a way to check for disturbances in sleep. A sleep study, also called a polysomnogram (PSG), measures brain wave activity, eye movements, muscle contractions, heart activity, breathing and blood oxygenation during sleep. The information we collect during your child's study is reviewed and analyzed by our sleep specialists.

Before the appointment

1. Registration will call you to go over your benefits and pre-register you for your child's sleep study. If you have not received a call from admissions within 3 days of your study, please call registration at (512) 324-8755 or (512) 324-0159.
2. The scheduler will contact you to confirm within 1-3 days of the study. Please confirm your appointment to guarantee your scheduled appointment.
3. If you have clinical questions or would like more details about the process of the study, equipment used, or specialized needs you can call the Sleep Lab department directly at 512-324-0000 ext. 86326.

On the day of the visit

What should I bring the night of the study?

Do Bring:

- Two piece sleepwear
- List of medications to share with the technician
- Medications that will be due during the sleep study or the following morning
- Medications for urgent conditions, (epi pen, inhaler, etc.)
- Entertainment / distraction items-games, iPad, DVDs, etc.
- Comfort items- favorite blanket, pillow, stuffed animals, books, etc.

Do Not Bring / Use:

- One piece pajamas or footie pajamas
- Lotion on face or body
- Hair products other than shampoo / conditioner
- Live animals or pets (if you have service animals, please call the sleep lab before the day of the study)
- Excessive caffeine products or drinks
- Accompanying parents do not bring personal CPAP equipment for yourself (prohibited at this time)

Where do I go?

Dell Children's Medical Center is located at 4900 Mueller Blvd Austin, TX 78723. You will park in the visitor's parking garage and enter through the main entrance of the hospital and check into admissions, which is directly across from the Tree House gift shop. On rare occasions, the main entrance is closed early. If this occurs you will need to follow the signs to enter through the Emergency Room entrance and check in at the desk.

When should I arrive?

Appointments are scheduled at either 730pm or 830pm and will typically run until 600am to 700am, with the exception of MSLTs which will continue throughout the day. You should arrive 15 minutes early to allow time for registration and check in. If your schedule requires an earlier wake up time, please discuss with the sleep tech the night of the study or call the sleep lab at (512) 324-0000 ext. 86326.

What are the sleep accommodations?

The patient will sleep in a private room on a regular hospital bed and the parent will sleep in a pull out bed inside the patient room. Please feel free to bring items that make you comfortable (favorite pillow, blanket, stuffed animals, etc.)

What if my child is sick?

If your child is sick, it will be important to reschedule. We are looking for your child's natural breathing and sleeping habits. Even something as simple as a stuffy nose, can impact our ability to diagnose and treat your child appropriately.

What will be placed on my child during the study?

After your child changes into sleepwear, the sleep technologist will place a number of non—painful sensors (also called electrodes) on his/her head, chest area and legs. The areas where the sensors will be attached are cleaned and the electrodes are attached with special gels and paste. (The gels and paste are harmless; however, if your child has sensitive skin, please alert the sleep technologist prior to attaching the electrodes.) Elastic belts with sensors will be placed around your child's chest and abdomen. Airflow sensors will be placed under his/her nose and a finger sensor will be applied to monitor oxygen levels. All of the sensors will be connected to a small portable box that transmits signals to the sleep monitoring and recording equipment that is in a nearby control room.

Will Food be provided?

Unfortunately the cafeteria will be closed at the time of your sleep study, it will be important to have a good meal before you arrive. (Daytime studies (MSLT) are an exception)

Do I need to stay with my child?

Yes. The set up for the sleep study involves multiple devices that will be connected to your child's face, chest, arms and legs. It is important to have a guardian available to assist with the set up and throughout the night to ensure your child feels calm with as little anxiety as possible. We ask that only one parent / guardian stay with the child during the duration of the sleep study. Siblings will not be allowed during the studies. If you need to make arrangements for multiple parents, please call the Sleep Lab directly at (512) 324 - 0000 ext. 86326.

What if I need to cancel or reschedule?

If you need to cancel or reschedule, we ask that you call at least 24 hours before the study. You can call our centralized scheduling department at 512-324-REST (7378).

What happens after the sleep study?

A large amount of information is collected during your child's sleep study. A sleep specialist will analyze this information and a report with recommendations will be sent to your doctor. On the night of the study, the sleep technologists cannot provide you with any information about your child's testing results. Results will be sent to the ordering physician within 2 weeks of the study. If you do not receive results within 2 weeks call 512-324-0000 ext. 86326.

How do I contact if I have questions?

- For scheduling, rescheduling, or cancellations - **512-324-REST (7378)**
- For questions about benefits, payments, and registration - **(512) 324-0159 or (512) 324-0159**
- For questions about the actual study or accommodations - **(512)-324-0000 extension 86326**
- If running late on for the appointment - **(512)-324-0000 extension 86326**