



Pacific Sleep Program
11790 SW Barnes Road, Suite 330
Portland, OR 97225
Phone: (503) 228-4414
Fax: (503) 228-7293

Your child has been scheduled for a:

- Polysomnogram (PSG) "overnight sleep study" on: _____
- Multiple Sleep Latency test (MSLT) "daytime study" on: _____
- Your follow up appointment has been scheduled: _____

Your child is scheduled to arrive at Pacific Sleep Program at _____ pm. You may arrive up to 15 minutes prior to your appointment. It is very important that you arrive no later than 8:00 pm, unless pre-arranged with PSP staff only, as you will need to be prepared by the sleep technologist to undergo the sleep test, complete paperwork, be educated about your study and become comfortable with your sleep environment.

You will be called 3 days prior to confirm your sleep study. If you do not confirm within 1 business day prior to the scheduled sleep study, the sleep study will be cancelled.

If your appointment is on Friday, Saturday, or Sunday and you need to cancel, please call by noon the Thursday prior to your appointment. **A fee of \$250.00 will be charged directly to the patient for a late cancellation or a no-show appointment.**

Please call at least 2 business in advance if you need to cancel your appointment. Please see below for the correct number to call when canceling your scheduled sleep study.

To cancel your sleep study during normal business hours (Monday - Thursday 8:00 AM - 4:30 PM), please call 503-228-4414, option 2.

If you need to reach the lab manager outside normal business hours on the night of your sleep study, please call 503-228-4414, option 7.

Insurance: Please contact your insurance representative to determine your coverage. Your carrier will be billed for your visits; however, any charges not covered or remaining balances will be your financial responsibility. Our office will make every effort to obtain the authorization prior to the appointment. You must contact us as soon as possible with any insurance changes as we may need to reschedule your study as many insurances require a prior authorization for this service.

- Results will be available in approximately 10 working days or less. **The technologists are highly trained and knowledgeable; however, information regarding your sleep study results and/or medical condition will be discussed in detail with your provider only after it has been fully read and interpreted by the Sleep Medicine Physician. Details of the sleep study will not be discussed by the Sleep Technician. Please refer to the top of page 1 of this handout, for your scheduled follow up appointment date and time to receive the results of your sleep study.**
- Bring your insurance card(s), photo identification, overnight bag, and any medications you will need during your time here.
- **Medications:** If your child takes medications before bedtime, bring them with you. **Technologists may not administer any medications.**

ABOUT SLEEP TESTING

Why does my child need a sleep study?

The purpose of a sleep study is to evaluate for possible sleep apnea, as well as other sleep disorders.

Diagnostic study:

- This is the part of the test that documents sleep apnea or other sleep disorders if present. It is an overnight study completed in the sleep center.

Treatment study:

- The physician will decide if a treatment study is needed after the diagnostic study. This study evaluates the effectiveness of Positive Airway Pressure (PAP) machine or other treatments. Using a mask that goes over the nose and/or mouth, PAP delivers air pressure into the airway. The technologist will adjust the amount of airflow while you sleep to stop any breathing problems or snoring.

Multiple sleep latency test:

- This test allows the physician to determine how sleepy your child may be. Usually, it will take place the day after a diagnostic sleep study and will occur in the sleep center. The test will take all day. Your child will be given up to five opportunities to lie down and see if he or she falls asleep and if so, how quickly they fall asleep. In between the naps your child will need to be alert and will not be allowed to fall asleep. You will receive separate instructions from your Sleep Provider if this test is ordered, and it is very important to read all the instructions carefully and follow them for the test to be successfully completed.

HOW TO PREPARE FOR YOUR CHILD'S SLEEP STUDY

Please do not bring your child to the sleep clinic if they are ill.

Only one parent or guardian may accompany the child and must remain with the child at all times unless previously arranged with Pacific Sleep Program staff. Do not bring visitors or pets to the sleep clinic.

Working with your child:

- Using the nasal cannula given to you during consultation, work with your child for several nights prior to the study to allow your child to get used to the cannula. Either have your child place the cannula on themselves as shown to you in the clinic, or the parent can place the cannula on the child. Have your child then lie down in bed for a few minutes, pretending that they are at the sleep study and "sleeping". This will allow your child to become comfortable with the nasal cannula before the sleep study.
- **Never allow your child to play with the nasal cannula unattended, as it could wrap around your child's neck and cause suffocation.**

TO ENSURE PROPER ADHESION OF THE ELECTRODES (WIRES) ON YOUR CHILD

- Shower and wash your child's hair BEFORE arriving to the Sleep Lab.
- Avoid using hair spray or oils in your child's hair (having their hair done before arriving to your sleep study is not recommended).
- Avoid using body lotion, baby lotion, baby oil, etc.
- Keep makeup to a minimum.
- No acrylic nails or colored polish: Your index fingernails must be free of nail polish, acrylic, gel and shellac. You will be wearing a pulse oximeter on one index finger.
- No caffeine after 12:00 PM (noon). (This includes soda or any foods that contain caffeine).
- No extra naps on the day of the sleep study.

ITEMS TO BRING

- Pajamas or a two-piece loose-fitting outfit to wear to sleep. Silk is not recommended. **Loose fitting clothes preferred. Please do not bring leggings as the technicians cannot place sensors on your child's legs if needed.**
- Toiletries (toothbrush, toothpaste, contact solution, etc.)
- Shoes, slippers, or sandals to go to the bathroom.
- Preferred pillow. Pillows are provided but you are welcome to bring one from home.
- If your child wears a CPAP or BIPAP mask at home, please bring it with you.
- If your child uses a dental device to treat sleep apnea, please bring it with you.
- For Multiple Sleep Latency Test (MSLT) patients: bring your completed sleep diaries.

- If your child sleeps with a stuffed animal, feel free to bring it to the sleep lab.
- Children should bring their favorite blankets, books, and/or toys.

FOOD AND BEVERAGES

- We offer water. Food is not available here at the sleep center but if bringing food from home, we have a refrigerator, dishes, and utensils along with a microwave for your use.
- **If your child is scheduled for a Multiple Sleep Latency test the following day**, please plan on bringing breakfast, lunch, along with any snacks they wish to have. Food may be delivered from outside locations – please discuss this with your sleep technologist.

WHAT TO EXPECT DURING YOUR SLEEP STUDY

Our staff would like to do everything possible to make your night's stay at Pacific Sleep Program as comfortable as possible. The application of electrodes is painless and safe. We will be monitoring your brainwaves, breathing, heart rhythm, oxygen saturation and muscle movements. Wearing the electrodes and sensors may disturb your sleep somewhat. This is normal. Your cooperation and patience is appreciated for this important test.

- **NO ELECTRONICS after you child's sleep study has begun.**
 - You and your child will check in with the sleep technologist and be oriented to your room.
 - Small sensors will be applied on or near your child's chin, ears, head, chest, legs, and eyes with a small amount of paste and tape. This takes approximately one hour.
- All sensors are placed using hypoallergenic tape. **Please let us know if your child has a known skin allergy.**
 - In some cases, after the study has begun, a technologist may need to re-enter your room to reposition sensors or begin PAP treatment.
 - The technologists are awake all night and are available for your child when needed
 - Your child will be monitored on a video throughout the night. Recordings are viewed by the Sleep Physicians only and will not be shared.
 - Except for using the restroom, we ask that your child stay in bed throughout the night, resting quietly if they are awake.
 - Accommodations: Your child will be sleeping on a Sleep Number bed that may be adjusted to comfort. Each room has a sink and mirror. Each room also has a television; however, we ask that the television and all other electronics be turned off prior to the sleep study beginning. Our facility has two restrooms with one offering a shower for your convenience. Extra blankets, space heaters, and/or fans are available upon request.
 - Sleep studies are highly specialized medical procedures that require time and care in performing and analyzing. Please try to cooperate with the sleep technologist's requests as much as possible.

- The sleep study ends at 6:00 AM unless otherwise instructed by the sleep provider.
- Please allow an additional 15-30 minutes to your morning routine to shower and remove the paste from your child's hair and tape adhesive from your child's skin. You will notice some residual paste in your child's hair and adhesive residue on their skin. To remove the paste, use conditioner or a shampoo/conditioner mix, such as Head and Shoulders, and place some on each paste spot. Wait 3-5 minutes and then wash hair in a hot shower. Do not brush your child's hair until the paste has been removed as it may spread to other hair easily and may require multiple washings. Tape adhesive can be washed off with soap and warm water.