



Pacific Sleep Program

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Your child has been scheduled for a:

- Polysomnogram (PSG) "overnight sleep study" on: _____
- Multiple Sleep Latency test (MSLT) "day time study" on: _____

You are scheduled to arrive at Pacific Sleep Program at 7:30 pm. Our sleep technologists arrive by 7:00 pm. You may arrive up to 15 minutes prior to your appointment. It is very important that you arrive by 7:30 pm, 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.

Unless otherwise instructed, patients arriving past 9:00 pm may need to be rescheduled.

Please call at least 24 hours in advance if you need to cancel your appointment. If your appointment is on Sunday and you need to cancel, please call by noon the Friday prior to your appointment. A fee of \$150.00 will be assessed for a late cancel or missed sleep lab appointment. Bring your insurance card(s), photo identification, overnight bag and any medications you will need during your time here. Pacific Sleep Program does not dispense medications on site; therefore you must be sure to bring all of your medications. Please see attached paperwork included in this packet for more information about your sleep study.

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. Authorizations will be processed by our office before your scheduled sleep study.

Your child's follow up appointment has been scheduled:

DATE: _____

TIME: _____

PROVIDER: _____

In-office visit

By telephone*

*The provider will call you up to 15 minutes before or after your scheduled appointment time. Please note provider will be calling from a **blocked number**.

ABOUT SLEEP TESTING

Why does my child need a sleep study?

- The purpose of a sleep study is to evaluate for possible sleep apnea and 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 is the part when we treat sleep apnea with a Continuous Positive Airway Pressure (CPAP) machine. Using a mask that goes over the nose, CPAP delivers air pressure into the airway. The technologist will adjust the amount of airflow while the child sleeps in order 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 of the instructions carefully and follow them for the test to be successfully completed.

HOW TO PREPARE

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. 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 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.
- Keep makeup to a minimum.
- No caffeine after 12:00 PM. (This includes soda or any foods that contain caffeine).
- No extra naps on the day of the sleep study.

ITEMS TO BRING

- **Medications:** If your child takes medications before bedtime, bring them with you. Technologists may not administer any medications.
- Pajamas or a two piece loose fitting outfit to wear to sleep. Silk is not recommended.
- 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.

FOOD AND BEVERAGES

- We offer water, coffee and tea. 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 nights 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.

- You and your child will check in with the technologist and be oriented to your room and answer any questions you may have.
- Small electrodes (wires) and 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 will take approximately one hour.
- All electrodes and sensors are placed using hypoallergenic tape. Please let us know if your child has a known skin allergy.
- A video will be shown walking you and your child through the process of a sleep study.
- In some cases, after the study has begun, a technologist may need to re-enter the child's room to reposition sensors or to begin CPAP treatment.
- The technologists are awake all night and are available for you and your child when needed.
- Your child will be monitored on a video throughout the night. Recordings are viewed by Sleep Specialist Physicians for diagnostic purposes and will not be shared.
- With the exception of using the restroom, we ask that your child stay in bed throughout the night, resting quietly if he or she is awake.
- Accommodations: Your child will be sleeping on a Sleep Number bed that may be adjusted to their comfort. Each room has its own sink, mirror, and television. However, we ask that the television be turned off during the recording of their sleep study. Our facility has two restrooms with one offering a shower for your convenience.
- Sleep studies are highly specialized medical procedures that require time and care in performing and analyzing. Please try to cooperate with the technologist's requests as much as possible.
- 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 physician only.
- Sleep study reports are sent to your referring physician(s). If you wish to obtain a copy of your child's report, please contact our Medical Records Department at 503-228-4414.