

## PARENT FACTSHEETS

### What Is A Sleep Study?

Please read this information sheet so that you are familiar with the requirements regarding your child's sleep study.

A sleep study is the continuous monitoring of sleep and breathing patterns overnight. A sleep study is a non-invasive test which requires a number of electrodes and sensors to be attached to your child, before they go to sleep. The attachment of these electrodes and sensors to the skin of the head and body is safe and will not hurt your child.

### How are the sensors attached?

The sensors are attached while your child sits in a chair or on your lap. This takes about one hour and they can watch TV or a video during this time. In each room there is a TV and DVD/video recorder. Feel free to bring in your child's favourite DVD or video (non-violent) for him/her to watch.

As tapes are used to apply sensors, it is important that your child's skin be free of moisturizers or creams that may prevent the tape from adhering.

### My child needs to have a sleep study - what do I do now?

Your paediatric sleep physician will forward a request for a sleep study to the Melbourne Children's Sleep Centre. Your child's name will be placed on a waiting list - waiting times can be up to 12-14 weeks. Your child will then be allocated a sleep study appointment and details will be forwarded to you via the mail 2-4 weeks prior to the sleep study. This appointment letter provides instructions to contact the sleep centre secretary on Ph: (03) 9594 5656 to confirm this sleep study appointment and if the date is unsuitable, an alternative date will be arranged.

### What if my child becomes unwell before the sleep study??

If after sleep study confirmation your child/infant becomes unwell, you will need to contact the sleep centre to advise sleep centre staff that your child/infant is unable to attend the sleep study appointment on: 9594 5656 OR 9594 5705 during business hours OR 9594 5704 after 6 pm.

The sleep study needs to be performed at a time when your child is well as illness (particularly upper respiratory tract infections) can significantly affect the sleep study results such that the study does not give an accurate representation of your child's typical sleep and breathing patterns.

### What about infection or contagious illnesses / conditions?

(ie. Gastro-enteritis, Conjunctivitis, Measles, Chicken Pox, Mumps)

As these illnesses / conditions are very contagious and the risk of infection to other children and staff within the centre is very high, your child CANNOT attend the sleep centre while affected by any of these conditions. If you are unsure whether your child may develop any of these illnesses/ conditions it is best to re-schedule the sleep study (to within 1-4 weeks depending on the type of illness).

## Head lice

Please ensure that you check your child for head lice and nits prior to the sleep study and ensure that appropriate treatment is initiated prior to the study if required. Information about appropriate treatment can be obtained from the sleep centre (Ph: 9594 5656), your local pharmacy or your local council office.

## The sleep study itself

### Where is it performed?

The Adamson Sleep Centre is located on Level 5, (near Ward 54) at Monash Medical Centre, 246 Clayton Road, Clayton. Melways Map 79, C 1.

Once in the hospital follow the signs to Lift D or Lift B, and take either of these lifts up to Level 5. You will then see the signs for the 'Melbourne Children's Sleep Centre'. There is a reception desk in the main foyer of the hospital should you require further assistance.

### Is there any cost involved?

The sleep study is bulk-billed to Medicare, however, an additional non-refundable \$75 facility fee is charged to cover the cost of the service. Please note this fee is not claimable through Medicare or Private Health Insurance.

Payment can be made by cheque (made payable to the 'Melbourne Children's Sleep Centre'), cash (please bring the correct amount) or credit card (MasterCard, VisaCard or BankCard) on the night of the study.

Please note that there are no EFTPOS facilities available in the Centre although there is an ATM located at the main entrance of the hospital.

### What do I do during the day?

During the day your child should continue with their normal daily routine i.e. usual napping schedules, schooling and kindergarten. Please try to avoid things that will 'hype up' your child such as birthday parties, lollies etc. Giving your child their usual day time sleep will help prevent them from becoming overtired so they should be able to better cope with the setting-up procedure.

### Do I need to stay?

A parent or another familiar adult is required to stay overnight in the centre with your child (one parent or carer only). On the night of the study you and your child are allocated a bedroom, which you will share together. This has a bed or cot depending on the age and requirements of your child and a camper style bed for the adult to sleep. It is strongly recommended that parents take advantage of the bed provided, to sleep during the night.

Please note, to ensure that we collect an accurate study of your child's breathing/behaviour patterns during the night we ask that no other siblings stay overnight. Also if possible the parent staying overnight does not have a history of snoring. Please speak to the secretary if you have any further queries regarding this.

### What time do I arrive?

Please arrive at the Sleep Centre at 7:30pm (no earlier than 7:15pm as the staff need to set up the rooms and get equipment ready for the night). This study does not require admission to hospital, so please give your child their normal evening meal and shower or bath, before coming in for the study. Young children should have their normal daytime naps on the day of the sleep study.

### What time do we leave in the morning?

Your child/infant will be woken at 6:00am and you will be ready to leave between 6:30-7:30am. You may be asked to leave the sleep centre in the morning so that staff are able to complete the cleaning the rooms and sterilization of the equipment. Please note for those patients that are being collected there is a café on the ground floor (Level 2, near the main entrance) where you may wait. This is open from 6am to 8pm and has a wide range of meals available including breakfast and beverages.

### What do I need to bring?

- Any medication your child may require overnight.
- For infants: nappies and feeding requirements.
- For young children, their Health Centre book of child's/infant's weight record.
- Your child's pillow, if he/she usually has one.
- If appropriate, his/her favourite bedtime playthings and sleeping companions, e.g. security blanket or other familiar objects associated with bedtime or sleeping.
- Any food that you (no alcohol permitted) or your child may require after 7:30pm and breakfast for the morning if desired.
- Videos/DVDs/Story books.
- \$75 payable by cash/cheque/credit card.

### What do we wear?

For children a singlet and night attire which is light (room temperature 22 – 23 °C) and opens down the front or is loose around the neck (preferably avoid satin pyjamas). For parents light clothing/pyjamas that you will feel comfortable wearing in the presence of staff and other parents.

### Other facilities available

Tea and coffee is available as well as a microwave and refrigerator should you wish to use them. Please note that as this is an out patients service, food services do not cater to this department.

Bathroom facilities are available, (including a shower) for use in the morning or before bed. Towels are provided by the centre (please ask staff for these), however you need to bring your own toiletries.

### Where can I park?

Car parking is available in the visitor's car park. The standard rates (as stated at entrance) apply.

### What happens during the night?

Once the electrodes and sensors are attached, your child is then placed in bed/cot for the night's sleep. Throughout the night, specially trained staff will observe your child on a video monitor in the room next door. The staff will ensure that the information collected is of good quality and is a good

record of what your child is doing during sleep. Staff may need to enter the room during the night to re-attach electrodes.

Parents are required to care for their child as they would normally do so at home i.e. bottles if required and any medications required (although medications need to be discussed with staff prior to commencement of the sleep study). Parents may be required to attend to their child during the night should they need extra reassurance to settle back into sleep.

## Can I be contacted overnight?

If anyone needs to contact you during the study, they can telephone Ph: (03) 9594 5704. Please note that mobile phone/pagers need to be switched off while in the sleep centre as they do interfere with some of the recorded signals.

## How will my child be the next day?

Most children and infants have a normal night's sleep. Most children are able to continue with their normal activities the following day. There may be some mild reddening of the skin after the electrodes and sensors are removed, but this will disappear within 24 hours.

If you would like further information you can also visit our website on <http://www.mcsu.org.au>