



Your child is scheduled for a sleep test at Parkland Medical Center located at:

**One Parkland Drive
Derry, NH 03038
617.796.7766**

Your child's doctor has ordered a sleep study in order to monitor and measure many aspects of his or her sleep. A lack of sleep or interrupted sleep can disturb daily activities and influence overall health and development. A sleep study is not exactly like sleeping at home but we do our best to get the most data for your child's doctor. Don't worry if your child is awake more at the sleep lab than at home. Even a little bit of sleep can provide a lot of data. *Please remember that a parent or guardian must accompany their child throughout the sleep study.* Please contact your child's referring provider for test results.

INSURANCE INFORMATION

Because insurance coverage varies, you should check directly with your insurance carrier regarding your specific plan coverage and any out-of-pocket expenses related to the test even if we've received authorization from your insurance company to perform the test. The contact number is usually available on your healthcare insurance card.

WHAT TO BRING TO THE SLEEP TESTING CENTER:

- ☐ Comfortable clothing/pajamas & change of clothes for following day
- ☐ Small snacks (if necessary)
- ☐ Personal toiletry items (toothpaste, soap, etc.) if desired
- ☐ Anything that will make your child feel comfortable on the evening of your study (e.g. pillow, blanket book, tablet, stuffed animal, etc.). TVs are provided in each patient room.
- ☐ Medications that your child may need before bedtime, throughout the night and in the morning.

WHAT TO EXPECT ON THE NIGHT OF TESTING:

You will meet one of our trained sleep technologists who will help you get settled in the room where you and your child will spend the night for the study.

The set-up takes approximately 45 minutes. During this time, your child may choose to sit on the bed or in a chair and independently or with you.

You must stay with your child all night in the sleep lab, but are never alone. You and your child will share a private room with a camera for the sleep technologist to monitor sleep positions. The sleep technologist may come into the room to adjust sensors throughout the night.

You will be woken up at 6am unless more testing is needed or an earlier wake-up time is requested.

It takes about 20 minutes to remove the sensors and tape using water and adhesive remover. A shower or bath at home will help remove any residual paste.

DIRECTIONS TO SLEEP TESTING CENTER:

The Sleep Testing Center is located in the Nutfield Professional Building. Building A Room 303. 44 Birch Street Suite 303.



HOW TO PREPARE

- Talk to your child about what to expect. Children do well when given developmentally appropriate preparation and information.
- Assure your child that nothing will hurt during the sleep study.
- Try playing with the enclosed nasal cannula. It can be fun for your child to try it on a stuffed animal or dolly first. The cannula rests inside the nostrils. It may feel “ticklish” or “annoying”. Try calling it a “tickly nose hose” and “honking” their nose if it feels funny versus pulling it out. Have your child practice wearing the cannula for short periods while awake and supervised, relaxing, reading a book, or watching TV.
- Your child’s skin and hair need to be clean and dry. Please do not apply any lotions, gels or oils.
- Eat dinner before coming.
- Please avoid caffeine in food or drink eight hours before your child’s sleep study (e.g. colas, chocolate, or coffee).

HOW TO PUT ON THE NASAL CANNULA

1. Hold cannula in front of face.
2. Place the prongs gently in the nose.
3. Hook the tubing around the ears and secure under the neck. Done!

