



Sleep Study Information for Patients and Families

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What is a Polysomnogram?

A Polysomnogram (Sleep Study) is an important procedure for your child's health. The test is used to evaluate your child's breathing patterns, oxygen level and sleep patterns. It requires an overnight stay in a private room at the LPCH Pediatric Sleep Center inside the Melchor Pavilion behind El Camino Hospital. Your child's study will depend on your child's needs and the physicians' request. Some of the recordings include:

1. Brain waves -- sensors placed on the head
2. Heart beat -- sensors placed on the chest
3. Eye movements -- sensors placed above and below the eyes
4. Leg movements -- sensors placed on the lower leg
5. Breathing -- sensors placed under the nose or near the mouth
6. Breathing effort and chest movement -- small belts placed around the chest and stomach
7. Oxygen levels -- adhesive strip type sensor attached to the finger
8. Carbon dioxide levels -- sensors placed on the chest

Will my child sleep with all that equipment on?

Surprisingly, most children sleep well. Body sensors are applied so that your child may move freely during sleep. Our staff tries to make the sleeping area as comfortable as possible for your child. Our staff encourages parents to spend the night with the child. Once settled in bed, your child should have a good night's sleep.

Will the sensor devices hurt?

No. The sensors are applied to the skin. None of them break the skin.

The Set-Up

Set-up process may take a significant amount of time to prepare your child for this type of sleep test. We greatly appreciate your patience and understanding.



Sleep Studies Instructions

Day of the study

- **Arrival time: 7:30pm**
 - Due to the importance of this study and to your child's health it is important to make your scheduled appointment. However, please notify the sleep lab prior to the study if you are unable to keep your scheduled appointment. If the study must be cancelled please call within 48 hours to reschedule your child's study.
 - Please follow your child's usual daily activities on the day of the study. However your child is encouraged to avoid naps, sugar and caffeine on the day of the study.
 - If you have any questions about the Sleep Study do not hesitate to contact our lab at 650-962-4310. We have technicians day and night who will be happy to answer any and all of the questions you may have.
 - A bed for a parent or care-giver to sleep in, located in same room as child.
Accommodations are provide for one parent only.
 - In order to obtain the best study possible, use of electronic devices during study is not allowed.
- **Wake up time:** Normal end of test is approximately 6:00am

What to bring:

- Copy of insurance card and parent ID.
- **Please remember to bring your child's medications and special formulas. Please give regular medications BEFORE study if medication timing allows**
- Diapers, training pants, toothbrush, toothpaste and pajamas.
- Any special blanket, stuffed animal, pillow or other special item that your child usually sleeps with.

After the Sleep Study:

- The results of the test will be sent to the referring doctor. This process may take up to three weeks
- Please make a follow up appointment with the referring doctor to review the sleep study results.