

Commonly Asked Questions

What is a Polysomnogram?

A Polysomnogram, or sleep study, is an overnight test, which measures many different biological parameters during sleep.

Why record all these things?

Your body functions differently during sleep than during wake. Interrupted sleep can disturb daytime activities, and greatly influence overall health.

How will my child sleep with all these things on?

Surprisingly, most people sleep fairly well in the sleep lab. The sensors are attached in such a manner allowing them to turn and move during sleep. Generally, they will not be aware of the wires during most of the night. Our staff makes every effort to try to make the lab feel as much like home as possible. You will be there to make your child feel as comfortable as possible.

What if my child doesn't sleep well in the lab?

If your child can not sleep well in the lab, the study is still not a waste of time. There are many things that can be determined about their sleep based on recordings from just short sleep periods.

Can I stay with my Child?

One parent or legal guardian **must** stay for the entire night during the sleep study. Each sleep suite is set up with one bed for your child and a cot for you to sleep on. Each suite has a private bathroom, television, and DVD player.

Note: Only one adult may stay overnight with your child.

What do we do before my child falls asleep or during any free time?

Please plan on spending the majority of your time with your child in his/her room. Bring reading materials, homework, or other quiet activities to occupy your child during set-up.

What should we plan on the day of the study?

- Do not give your child any food or drinks that have caffeine (soda, chocolate, tea, coffee).
- Do not apply any hair spray, gels or oil to your child's hair. Your child's hair will need to be clean and dry.
- Do not apply lotions or creams to your child's skin.
- Please remove braids, hair weaves, and hair accessories (clips, rubber bands, etc).
- Pack an overnight bag for yourself and your child.
- Parents and/or guardians should wear comfortable clothing.

What should we pack in our overnight bag?

- Pajamas 2 piece-set (a top and bottom without zippers) or shorts and a t-shirt.
- Bring any special blanket, stuffed animal, pillow or other special item that your child usually sleeps with, or that will help your child feel "at home" at the sleep lab.
- Favorite movie, book to read, or other quiet activity to do during the set-up process.
- If you usually read to your child at bedtime, please bring a book with you.
- Any special food or drink.
- Training pants, pull-ups, diapers and wipes if your child is not fully potty-trained or has a history of bed-wetting.
- Extra set of pajamas, in case of accidents.
- Toothbrush, toothpaste, soap and other personal hygiene items (towels are provided).
- Any medications your child usually takes at nighttime or early in the morning.
- Clothing for the next day.

If you have any further questions, or would like to visit or see the facility prior to the sleep study, please call the lab and one of our receptionists will schedule your visit.

You can also visit our website at www.sleepiu.com.



THE SLEEP INSTITUTE OF UTAH
"Professional Sleep Solutions"

What to Expect From a Pediatric Sleep Study



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What to Expect

Upon arriving the night technicians will introduce themselves and ask to make a copy of your child's insurance card. **Please be sure to bring it with you.** You will then be given some paper work to fill out (*this will take about 20 minutes*). The technician can then answer any questions you or your child may have and show you to the room you will be sleeping in. Please inform the sleep technician of any specific difficulties or changes in your child's sleep and your child's bedtime routine. You will be required to stay all night with your child in the same room.

Your child will then change into their sleep clothes and prepare for bed. **Please note that we use video and audio monitoring as part of the study.** If monitoring has begun, your child may change into their bed clothes in the private bathroom.



When ready, the technician will start applying the electrodes. The technician will start by scrubbing each area with a product called NuPrep, which is a light exfoliate, to eliminate dead skin cells.

The technician will then attach electrodes to the following areas:

- **6 will be glued/pasted onto your child's head**
These placements will get the electroencephalogram (EEG) in which we are able to stage your sleep.
- **1 behind each ear will be taped on**
These placements are reference points for the EEG's.
- **1 will be placed on the forehead with tape**
This is a ground lead.
- **1 will be taped by each eye**
These placements are eye movements, which also help in staging sleep.
- **3 will be taped on either side of your chin and the center of the chin.**
It helps in staging sleep, we can also see if your child is mouth breathing, grinding their teeth, etc.
- **2 will be placed just below your collar bone and 1 on the ribcage.**
These 3 will measure the electrocardiogram (EKG), or measure the heart beat and rhythm.
- **2 will be placed on each shin of you leg. These measure leg movements.**
- **2 will be placed under your nose.**
These measure the respiratory flow and the Carbon dioxide level breathed out.
- **2 respiratory belts will be placed 1 around the chest and 1 around the abdomen.**
- **1 will be placed on the finger or toe (pulse oximeter); it will pick up heart beat and oxygen saturation levels.**

In total there will be 24 different leads placed on the body to pick up various signals to help the physician determine what is causing the disruption of your child's sleep.

The ends of each electrode will be placed into a head box and wrapped together to keep them from tangling up. The technician will make sure all the signals are reading well. If for some reason some have bad signals the technician will need to fix or replace them. (*The entire hook up process takes about 30-40 minutes to apply*).

During the hook-up you and your child are more than welcome to watch television or read a book/magazine. When your child is ready for bed the technician will give your child some instructions. They will proceed to ask your child a series of questions called biocalibrations through the intercom located in the room to make sure all the electrodes are picking up the correct signals. Please note, if either you or your child need the technician at any time throughout the night, just call out. They can hear you through a microphone as well as see you on the video camera. Now it's time for sleep.

Getting the Results

The sleep study then needs to be scored and interpreted by our physician before the results are sent to the physician. This process can sometimes take up to 1-2 weeks. (*It is your responsibility to make an appointment with your child's physician for the results*).



We look forward to meeting you and your child on the night of their sleep study.