

TITRATION SLEEP STUDY PATIENT INSTRUCTIONS - PEDIATRIC

Your child is scheduled for an overnight titration sleep study (polysomnogram) at the St. Claire Regional Outpatient Center, located at 1028 East Main Street in Morehead, KY. The sleep study is scheduled for the following date and time:

Date

Time

The Sleep Study

A titration sleep study is a procedure which involves sleeping overnight in comfortable surroundings at our accredited Sleep Center in Morehead. During the study, your child will have several types of sensors attached to them. These sensors allow us to monitor their sleep and respiratory functions so we can diagnose multiple types of sleep disorders. A technologist (tech) will monitor their sleep and be there to assist them throughout the night.

They may also be fitted for a positive airway pressure (PAP) machine. This includes a mask that they wear over their nose or both nose and mouth. The tech will begin the child on a low pressure and increase the level as they sleep until they have reached optimal pressure.

What should I bring?

- Their health insurance card and ID, if applicable (Driver's License or State ID Card)
- Prescription and non-prescription medications in their original bottle or packaging (you will need to administer all of their medications yourself)
- Any items necessary to ensure the integrity of your medications (cooler, sharps container, etc)
- Something comfortable to sleep in (nothing too form-fitting) and a change of clothes
- A book, tablet, or laptop to occupy you while you are awake
- Special pillows, blankets, fans, toiletries, hair dryers, or snacks you both wish to have.
Please DO NOT bring any heating pads or electric blankets as these interfere with our sensitive recording equipment.

****If their physician has prescribed a sleep aid for the night of the sleep study, you must have the prescription filled at your pharmacy before you arrive at the Sleep Center. Do not give this medication to the child until after you arrive at the Sleep Center and are directed to do so by the tech.**

What to expect at the Sleep Center

- Upon arrival, please wait in your car and call 606-783-6947 to check in. Our staff will greet you at the door, give you a brief tour of the facility, and show you to your room.
- While in your room, the tech will explain any paperwork you need to fill out, orient you to the room, and go over what to expect during the study.
- Your child will not be expected to go to sleep upon arrival, but they will be asked to get ready for bed. Once in their pajamas, the tech will place the sensors and explain the type of study that will be performed.
- Your child will have time to get used to having the sensors on before the sleep study starts. During this time they can watch TV, read, use their laptop, or just relax in the quiet and private room.
- When it's time to go to sleep, you will both be asked by your tech to turn off any cell phones, pagers, computers, tablets, and/or other electronic devices you may have with you. Any emergent calls can be placed to the Sleep Center at 606-783-6947 and the tech will relay the message to you.
- The sleep study will need to be started before 10:00PM. If they have a regular bedtime that is earlier or later than this, please let your tech know and we will try to accommodate you as best as we can.



Sleep Center and Room Amenities

The typical room at the Sleep Center will consist of a plush full size bed as well as a spacious and private bathroom. In addition, the room is equipped with wireless internet (WiFi) access, cable TV, and additional seating that converts to a bed for the parent/guardian.

Special needs

If your child currently uses any of the things listed below, reside in a skilled nursing facility, or has any other special needs, please notify the Sleep Center prior to your appointment:

***Wheelchair *Oxygen *Special/Adjustable bed *Lift Assistance**

What do I need to do?

PRIOR TO the day of your study:

- You will be called no later than the morning of your child's sleep study to confirm the appointment and to answer any remaining questions you may have.
- Notify the sleep center if you have any specific needs as soon as possible
- If you need to cancel the sleep study, please call **2 business days prior** to the test date to do so.

DAY OF your study:

- Eat supper before you arrive at the Sleep Center.
- **Do not** let the child take any naps on the day of the study, if possible.
- **Do not** let the child drink any caffeine after 12:00 Noon. This includes: coffee, tea, chocolate, cocoa, and soda. You may drink caffeine-free sodas and/or decaffeinated coffee.
- **Wash and dry your child's hair** and face before the study.
- Please **do not** let them use any gel, mousse, hairspray, or body lotions before the test.

****To Cancel or Reschedule****

If you need to cancel the appointment, please call the Sleep Center **as soon as possible** so that someone else may take their place. For their study, we have assigned a highly trained technologist to be present for a total of 12 hours. It is very costly to our organization if we have to send this person home. In addition, there are a number of individuals who have severe sleep disorders and could use this spot if you are unable to attend.

****Billing and Insurance Questions****

In addition to the facility charge for the sleep test, there will be an additional bill from the physician that interprets/reviews the sleep test. If you have questions regarding insurance, billing, and/or possible co-payments related to your child's sleep testing appointment, please contact ***your insurance company*** directly. Your insurance company has the most accurate information concerning the benefits for this procedure.

Sleep Study Follow-Up

You will be ready to leave the Sleep Lab at approximately 6:00AM. Before you leave, you will be handed an After Visit Summary (AVS) that will outline the next steps in your child's sleep evaluation. Based upon the preliminary results of the test, they will be recommended for one of the following:

- Positive Airway Pressure (PAP) treatment set-up visit with a home medical equipment provider of your choosing **-OR-**
- Additional sleep study testing to determine an effective PAP treatment setting **-OR-**
- Follow-up office visit with the provider that ordered the sleep test, a pediatric sleep medicine specialist, or other care team provider to discuss the final results and treatment plan.

The sleep technologist will not be able to discuss detailed information in regards to your child's sleep study other than what is stated on the AVS. The study must be interpreted by a Board Certified Sleep Specialist (physician) before the final results are available. To obtain your results, you must contact your child's referring medical provider.

**If you have any questions or concerns,
please call the Sleep Center at: 606-783-6866, Option 2.**

Our regular business hours are Monday-Friday, 8:00 A.M. to 4:30 P.M.

**Thank you for choosing St. Claire Healthcare for your child's
Sleep Medicine needs!**