

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.

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 and you will receive a letter from the sleep centre confirming this within 2-3 weeks of the appointment with your doctor. Waiting times for an overnight sleep study can be up to 16-20 weeks unless your doctor has advised that the sleep study needs to be done sooner. Once your child has been allocated a sleep study appointment date you will be mailed out a letter advising you of this appointment (approximately 2 weeks prior to the sleep study appointment). If the sleep study appointment date is unsuitable, please contact the secretary on telephone (03) 9594 5656 as soon as possible to arrange an alternative date. The sleep study appointment letter will also advise you to confirm the sleep study booking a few days prior to the sleep study.

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 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).

IF YOU AND YOUR CHILD FAIL TO ATTEND THE SLEEP STUDY AFTER CONFIRMATION OR ADEQUATE NOTICE OF CANCELLATION IS NOT GIVEN YOU WILL BE CHARGED A \$100 NON-ATTENDANCE FEE.

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, C1.

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 **\$100** 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, caffeinated drinks etc.

Young children should have their normal daytime naps on the day of the sleep study (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).

Please give your child their normal evening meal and shower or bath BEFORE coming in for the study.

DO I NEED TO STAY?

A parent or another familiar adult is **required** to stay overnight in the centre with your child (one parent **ONLY**). It is expected that the parent/caregiver is present caring for their child throughout their time in the sleep centre as we are an outpatient unit. Any absences (for example for a walk) must be kept brief (< 10 minutes) and discussed with staff. Other siblings and parents/caregivers may be present while we apply all relevant sensors before bedtime, but **no other siblings can stay overnight**, to ensure that we collect an accurate study of your child's breathing/behaviour patterns during the night. Wherever possible, it is best if the parent staying overnight does not have a history of snoring - please speak to the secretary if you have any further queries regarding this.

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.

AM I ADMITTED TO HOSPITAL?

No, your child is not admitted to hospital. The sleep study is performed as an outpatient test.

FOOD SERVICES

As your child is not admitted into hospital, food services are not available. Tea/coffee, filtered water, milk & biscuits are provided and there is a fridge & microwave available for you to use.

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, eg security blanket or other familiar objects associated with bedtime or sleeping.
- Any food that you or your child may require after 7:30pm and breakfast for the morning if desired (no alcohol permitted)
- Videos/DVDs/Story books.
- **\$100** payable by cash / cheque / credit card.

WHAT DO WE WEAR?

For children, 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.

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).

WHERE CAN I PARK?

Car parking is available in the visitor's car park (entrance on the left at the hospital round-a-bout). There is no cost for parking overnight however, you must be off the hospital grounds before 8:00am. After this time the standard rates (as stated at entrance) apply.

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.

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 **(03) 9594 5704**. Please note that mobile phone/pagers need to be switched off whilst in the sleep centre as they interfere with our medical equipment.

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**.

Your child will likely need to wash their hair after the sleep study to remove any remaining paste required for monitoring your child. You are welcome to go home and do this but if required, we do have one shower available in the sleep centre for patient use (noting there are 4 patients present each night). You need to bring in your own toiletries (shampoo, conditioner & soap) however towels and face washers are provided. **After 7.30am you will be asked to leave the sleep centre area so that staff are able to complete the cleaning of 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.**

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.