

WHAT IS A SLEEP STUDY?

A sleep study is the continuous monitoring of sleep and breathing patterns overnight. It 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. In addition there is video and audio recorded throughout the study.

MY CHILD NEEDS TO HAVE A SLEEP STUDY - WHAT HAPPENS NOW?

1. Your paediatric sleep doctor will send the request for the sleep study to the Melbourne Children's Sleep Centre. Within 3 weeks of receiving the request you will receive a letter (via email where possible) confirming that your child has been placed on the waiting list for a sleep study.
2. The average waiting time for an overnight sleep study is approximately 6 months, unless your doctor has advised that the sleep study needs to be done sooner. If you would like your child's name placed on our **cancellation list** please contact the secretary on 8572 3593. You will usually receive 6 - 24 hours' notice for a cancellation appointment, noting that inability to accept the cancellation will not affect your child's place on the standard waiting list.
3. You will receive an appointment letter (via email where possible) advising of the sleep study date approximately 3-4 weeks before the appointment. If the sleep study date is unsuitable, please contact the secretary on 8572 3593 as soon as possible to arrange an alternative date.
4. As per appointment letter instructions, please confirm the sleep study booking 2-3 days prior to the sleep study on 8572 3592.

WHAT IF MY CHILD BECOMES UNWELL BEFORE THE SLEEP STUDY?

The sleep study needs to be performed at a time when your child is well. Illness (particularly upper respiratory tract infections) can significantly affect the sleep study.

If your child/infant becomes unwell in the week prior to the sleep study contact the sleep centre on 8572 3592 during business hours OR 8572 3596 / 8572 4383 after 6 pm

HEAD LICE

Please ensure that you check your child for head lice prior to the sleep study and treat if necessary. Information about appropriate treatment can be obtained from your local pharmacy or your local council office.

THE SLEEP STUDY NIGHT

WHERE IS IT PERFORMED?

Your child will be admitted by Admissions Staff at **MCH Admissions Desk, Ward 3D Lagoon (Same Day Unit), Level 3, Monash Children's Hospital**, 246 Clayton Road Clayton. You will then be directed to the **Melbourne Children's Sleep Centre, Ward 4E, Level 4**. Location maps with directions will be included with appointment letter.

IS THERE ANY COST INVOLVED?

There is no cost for the sleep study test.

WHAT DO I DO DURING THE DAY?

During the day, your child should continue with their normal daily routine i.e. attending school and kindergarten.

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

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

DO I NEED TO STAY?

It is expected that **ONE parent or caregiver will stay overnight and a place to sleep is provided in the child's room.** It is strongly recommended that parents/caregivers take advantage of the bed provided to sleep during the night. **NOTE: Additional family members (including infant siblings) CANNOT stay overnight.** Wherever possible, it is best if the parent or caregiver staying overnight does not snore.

FOOD SERVICES

There are no food services provided to the sleep centre. However 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 – please bring in original packets or containers (with the pharmacy sticker on them if prescribed medicines).**
- For infants: nappies and feeds.
- Your child is welcome to bring in their own pillow and favourite bedtime books, toys or blankets.
- Entertainment tablet/portable DVD player if you choose (children's Foxtel channels are available)
- Any food that you or your child may require overnight. Strictly no alcohol.

WHAT DO WE WEAR?

For children: light clothing/pyjamas which opens down the front / is loose around the neck (please avoid satin pyjamas).

For parents: light clothing/pyjamas that you will feel comfortable wearing in the presence of staff and other parents.

Room temperature is 22-23°C.

HOW LONG AM I IN HOSPITAL?

Please arrive to Admission Desk, Ward 3D Lagoon (Same Day Unit), Level 3 Monash Children's Hospital at 7–7.15pm for admission. You will then be directed to Ward 4E Melbourne Children's Sleep Centre. Your child/infant will be **woken at 6:00am** and you will be ready to leave at **6:30-7:00am.**

WHERE CAN I PARK?

The Monash multi-storey car park with the entrance on your left as you enter the main hospital grounds off Clayton Road. **You will be provided with an exit card that will cover the cost of parking.**

HOW ARE THE SENSORS ATTACHED?

The sensors are attached while your child is awake sitting in a chair or on your lap. This can take up to one hour and they can watch TV / draw etc. during this time. 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 OVERNIGHT?

Staff will continually monitor your child and ensure signals recorded remain of good quality. Staff will enter your child's room overnight to check/adjust sensors but will try to minimize any disruption.

HOW CAN I BE CONTACTED OVERNIGHT?

If anyone needs to contact you during the study, they can telephone 8572 3596 / 8572 4383.

NOTE: mobile phones should be switched off/to aeroplane mode in bedrooms during recording as they can interfere with some signals being recorded.