

WHAT IS A SLEEP STUDY & MULTIPLE SLEEP LATENCY TEST (MSLT)?

A sleep study is the continuous monitoring of sleep and breathing patterns overnight. The Multiple Sleep Latency Test (MSLT) is a series of opportunities for your child to nap over the course of the day following the sleep study. This MSLT is designed to test how sleepy your child is and also to assess the type of sleep your child may have during the day when given the opportunity to sleep. These are non-invasive tests which require 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. Some of the sensors can be removed in the morning, however others must remain attached for the duration of the MSLT day. In addition there is video and audio recorded throughout the sleep study / naps.

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

1. Your paediatric sleep doctor will send the request for the sleep study and MSLT 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.
2. The average waiting time for an overnight sleep study and MSLT is 3 – 4 months, unless your doctor has advised that the test needs to be done sooner.
3. You will receive an appointment letter (via email where possible) advising of the sleep study and MSLT date approximately 2 weeks before the appointment. If the date is unsuitable, please contact the secretary on 8572 3592 as soon as possible to arrange an alternative date.
4. As per appointment letter instructions, please confirm the sleep study and MSLT booking 2-3 days prior to the sleep study on 8572 3592.
5. Please ensure that you complete and return with you on the day of the sleep study and MSLT the 2 week sleep diary that you have received. This information that you collect is important.

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 & MSLT DAY

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 or MSLT test.

WHAT DO I DO DURING THE DAY OF THE SLEEP STUDY (i.e. BEFORE COMING IN TO HOSPITAL)?

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 during the sleep study and throughout the following day of the MSLT, with a place to sleep 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. **During the day, the parent/caregiver is expected to observe the patient ensuring no sleep occurs in between designated nap times.**

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. Two cafes are now available (Main Hospital and Monash Children's Hospital) – please ask staff for directions / maps as required.

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).**
- 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) for the evening / set-up
- Homework / books / games etc. for the MSLT day (no TV / DVDs / electronic devices can be used during the MSLT day)
- Any food that you or your child may require overnight. Strictly no alcohol.

WHAT DO WE WEAR?

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

During MSLT day: Light comfortable daywear is required for your child throughout the MSLT day (naps are performed in these comfortable day clothes).

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. You will be ready to leave by 6.00-7.00pm the following day (after the MSLT nap sessions are completed). You can use the telephone in the unit to contact family or friends with a more exact time on the day of the MSLT if you are being collected.

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.

WHAT HAPPENS DURING THE DAY OF THE MSLT?

After being woken, you will have the opportunity to have breakfast.

The first MSLT nap is scheduled to begin 1½ - 3 hours following your child waking in the morning. Exact times will be discussed with you on the day of the MSLT. There are usually 5 naps conducted across the course of the day, each beginning 2 hours after the start of the last nap. Each nap session lasts between 20-40 minutes.

Between each nap session it is very important that your child remains awake. **Your child must be accompanied by a parent/guardian at all times throughout the day of the MSLT** for your child's safety and also to ensure that any brief naps are prevented. You are able to go for walks, have snacks and your lunch between naps.

Please avoid chocolate, excessive sugar amounts, caffeine (found in coke and fanta as well as in coffee and tea). Children can also read, colour in and play boardgames between naps. The centre has several boardgames and Uno available for use if required.

Patients are not permitted to watch TV / DVDs or use electronic devices (including iPADS and mobile phones) during the day of the MSLT as this can interfere with the results of the test.