WHAT IS A SLEEP STUDY?

A sleep study is the continuous monitoring of sleep and breathing patterns overnight. Your child will spend one night in hospital with a parent or care giver. The study requires a number of electrodes and sensors to be attached to your child’s head and body before they go to sleep. In addition there is video and audio recorded throughout the study. We will email you a social story describing what happens on the night when we send the appointment details.

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. You will receive an email confirming that your child has been placed on the waiting list for a sleep study within 3 weeks of us receiving the request. The average waiting time for an overnight sleep study is approximately 4-5 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.

2. You will receive an appointment letter via email advising of the sleep study date 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.

3. As per appointment letter instructions, please confirm the sleep study appointment 2-3 days prior to the sleep study on 8572 3593 or 8572 3592.

4. NOTE: Any phone calls from the sleep centre will be displayed as “Private” as the caller ID. As our emails sometimes go to junk/spam email folders please also regularly check your junk/spam for emails from “@monashhealth.org”

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 3593 or 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.

WHERE IS IT PERFORMED?

Please attend the Melbourne Children's Sleep Centre, Ward 4E, Level 4 at 7:30pm. Location maps with directions will be included with appointment information.

IS THERE ANY COST INVOLVED?

There is no cost for the sleep study test; but car park charges apply.

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.

FOOD SERVICES: There are no food services provided to the sleep centre. However tea/coffee/milk and filtered water are provided and there is a fridge & microwave available for you to use.
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. Additional family members (including infants or older siblings) CANNOT stay overnight. Wherever possible, it is best if the parent or caregiver staying overnight does not snore.

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 TO 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.
The hospital is on climate control aiming for room temperatures of 20-24°C – this cannot be altered by staff.

HOW LONG AM I IN HOSPITAL?
Please arrive to Ward 4E Melbourne Children’s Sleep Centre at 7.30pm. 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 AND COST?
The Monash multi-storey car park is available with access via a ticket as you enter the main hospital grounds off Clayton Road on the left.
Cost: $29 for 5-24 hours. Discounted parking available for HealthCare & Pensioner card holders ($11 for 5-24 hours) – obtain a 2nd ticket from Monash Children’s Hospital (MCH) Main Reception to access discounted rate by presenting your parking ticket & evidence of your HealthCare / Pensioner card on the way to the Sleep Centre. MCH Reception hours 6.30am-8pm Mon to Fri; 8.00am-8.00pm Sat.

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/play 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.

Can my child have a drink / use a dummy during the recording period? Yes.

Can my child go to the toilet during the recording period? Your child will be given the opportunity to go to the toilet just before bedtime, but can go to the toilet at any time as needed. Staff can either disconnect the box where all sensors are connected so your child can go to the bathroom or provide a bottle or bed pan.

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.