

PARENT INFORMATION FOR SLEEP STUDY

Childs name : has been booked in for sleep study on the

You are **strongly advised to book your follow up appointment two weeks after your child's study** for your doctor to discuss results and treatment options if they are required

DAY OF THE STUDY

Children and one parent only are asked to **come in at 4pm into our lab**. If you are arriving from a distance from regional areas for an appointment with the sleep specialist before your study we ask that you present to the clinic **as early as 3.30pm**

You must have **child showered before arriving** and have their hair dry so that the sensors adhere well to skin and hair during set up.

PACKING ITEMS/WHAT TO BRING

- You are asked **to bring your child's and your dinner** to the lab. We have a kitchen equipped with fridge for storage and microwave for rewarming if required. Ensure it is foods they are familiar with and that are easy to consume. **Water bottles or sippy cups for the child** to use throughout their stay are also recommended. We provide milk, coffee and tea
- Suitable clothing for sleeping**; we recommend comfortable pyjamas with buttoned top and pants or loose t shirts and pants. **No onesies**. Please also bring socks and **sets of spare clothing for both parent and child are recommended**
- Any medications** that your child needs for the evening and before bedtime as well as routine medication such as Ventolin inhalers with their own spacers and masks
- A favourite comfort toy or blankie**
- A pillow of their own if they prefer
- Books, activity packs or games or **Ipad/tablet** to play with during set up
- Toiletries such as toothbrush and toothpaste**. A hairbrush and hair bands are useful if your child has long hair.
- A towel and face washer/ wet wipes**.
- Night nappies or nappies if your child is still not toilet trained or has night time bedwetting**

WHAT HAPPENS NEXT ?

You get shown to **your own room** and are asked to get changed and settle in .Our lovely sleep technicians then set your child up with sensors and leads The earlier we do this the better the chances of a child becoming comfortable with equipment so they can fall asleep more easily.

They have dinner between 6 and 630 pm and we encourage a normal bedtime routine with no technology at least an hour or two before bedtime depending on the age of the child. Ideally we endeavor to have lights off by 8pm for younger children at 9pm at the latest for older children with commencement of recording of sleep activity.

The study ends by 6am and the set up is then taken down by the sleep technicians and you are free to **go home and have breakfast** .

CANCELLATION/EARLY NOTICE

*We will confirm your study at the start of the week and again on the morning of the sleep study day. Please inform us at least 24 hours before if **you or your child has been even mildly unwell** as we may likely need to reschedule the study. If you are cancelling or rescheduling for any other reasons you need to inform us at the start of the week with **at least 72 hours notice**.*

A cancellation within 24 hours notice will incur a cancellation fee of \$700.