



# Akron Children's Hospital Sleep Center

## Mahoning Valley

### PATIENT INSTRUCTIONS FOR A POLYSOMNOGRAM (PSG/SLEEP STUDY)

#### Parking Instructions and Directions

Arrive at building D and park in the parking lot outside building D. Enter building D and press the intercom button labeled **Pediatric 3<sup>rd</sup> Floor** and let them know you are here for a sleep study, once they buzz you in, take the elevator to the 3<sup>rd</sup> floor and wait in the waiting room, a sleep technician will greet you and take you to the sleep lab.

#### Sleep study rules

- Only **ONE** parent or legal guardian is allowed to stay in the patient room. It is required for the parent to stay the entire night and care for your child for all patients under the age of 18 years old. You are not allowed to leave the sleep lab for any reason during testing.
- Patient should not have any sickness or cold symptoms that would disrupt their sleep. Please call with concerns.
- No siblings are allowed.
- No cell phone use will be allowed in the sleep testing room **once lights are off**.

#### What to do at home before the sleep study

- Complete the 2-week sleep log and patient questionnaire and bring with you to the sleep study.
- Keep normal sleep routines including naps (infants and toddlers).
- No food or drinks containing caffeine 24 hours before sleep testing (coffee, tea, chocolate).
- Eat your dinner before coming to the sleep lab.
- Bathe and cleanse hair without using conditioner.
- Do not use lotion, oils, hairspray, gel or makeup.
- No braids or ponytails are allowed.

#### What to bring to the sleep lab

- Bring **all bedtime medications** to give to your child at night and necessary supplies.
- Bring any breathing aids (**PAP mask and tubing**, vent/trach supplies).
- Bring or wear 2-piece comfortable pajamas. (No one piece pajamas or onesies)
- Bring a light snack and caffeine free drink.
- Bring favorite blanket, pillow, or toy.

#### After sleep study

- Unless your child is scheduled for daytime testing, you will be able to leave from the sleep lab between 6:00-6:30 am and it will be necessary to leave the patient room at that time.
- Sleep study results will be sent to the ordering physician within 10 business days.

#### Contact Information

- **Questions, or to cancel and reschedule call: 330-543-4485 or 1800-262-0333 ext 34485**, during Monday-Friday 8-4:30.
- **After hours and Sundays: call the Sleep lab- 330-543-3390** or contact Hospital Operator 330-543-1000 ask for Sleep Lab.

You can also visit us on the web at [www.akronchildrens.org/sleepcenter](http://www.akronchildrens.org/sleepcenter)