

Preparing for your sleep study



DOERNBECHER
CHILDREN'S
Hospital



How to use this book

This book was created for you to read with your child before coming to the OHSU Pediatric Sleep Lab for an overnight sleep study. This book represents a typical sleep study experience. The number and type of sensors may be different, depending on what your sleep provider orders.

Some children like a lot of information, while others prefer less. You know your child best and may choose to review some or all of the pages of this book with them.

Parents and caregivers play an important role in helping children get comfortable with a sleep study. If you have any special needs or requests, please discuss with our scheduling staff before the sleep study and sleep lab staff on the night of the study.

Let's work together to help your child know what to expect and so your family can have the best possible experience.

Thank you for allowing us to participate in your child's care.



Can you find where the rest of these objects are hidden in the book?

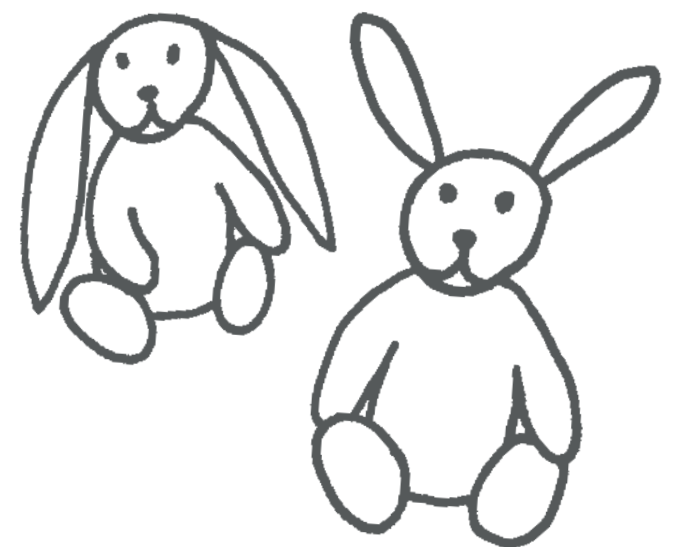


What is a sleep study?

A sleep study is a test that shows what happens while you are sleeping. Your doctor will get information about how you breathe and how you move during sleep.

A sleep study does not hurt.

Your parent or caregiver will be with you the whole time!





Where do I go for the sleep study?

You will go to the OHSU Pediatric Sleep Lab. There is a comfortable bed for you to sleep in! Your parent or caregiver can share the bed with you, or they have the option to sleep in a separate bed in your room.

What time do I have to be there?

Please arrive by 7:30pm. The overnight sleep study will end around 5:30am. Many families will shower and get ready for the day. You may use the room until 6:30am.

OHSU Pediatric Sleep Lab
Residence Inn Hotel, Room 528
2115 S River Parkway,
Portland, OR 97201

Schedulers 503-418-1850
(8am-5pm only)

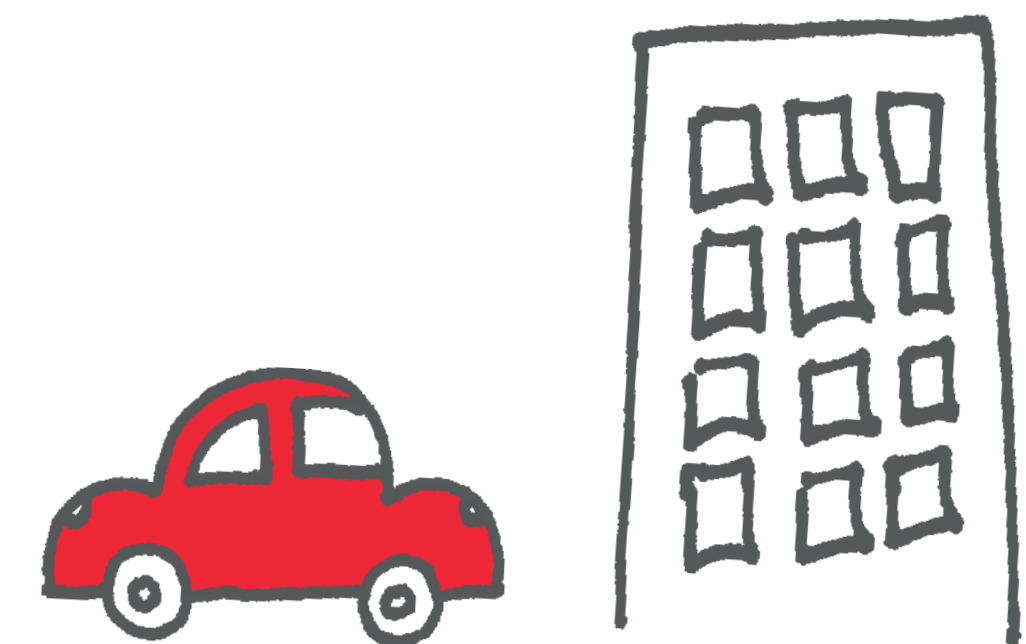
Lab Staff 503-494-0154
(after hours line)

Parking

If one of the gates for hotel parking is not already open, please stop at the hotel registration desk. Alert the hotel staff that you are an OHSU Sleep Lab patient and need to park. The hotel staff will open one of the gates for you. Parking at the hotel is free for our patients.

Where is my room?

Go through the sliding glass doors on the 1st floor of the hotel lobby. Take the elevators to the 5th floor, and proceed to Room 528. Upon arrival to Room 528, please check-in with a sleep tech.





A grown-up, also called a sleep tech, will help you get ready for the sleep study.

The sleep tech will be in your room during the "set-up", and they go to their work room while you sleep. They may re-enter your room during the night if you need help. They will know if you need help because there is a video camera and a microphone in your room.

We will get information about your brain waves while you sleep — this is called EEG.

We use a special crayon to mark on your scalp where to put small metal buttons. The buttons attach to wires and are called electrodes. A sticky paste and/or tape will help them to stay in place.

Getting an EEG does not hurt.



Can you count to nine?

When you are done with this part, there will be 6 stickers on your head, 1 next to your right eye, 1 next to your left eye, and 1 on your chin. That is a total of 9 electrodes!



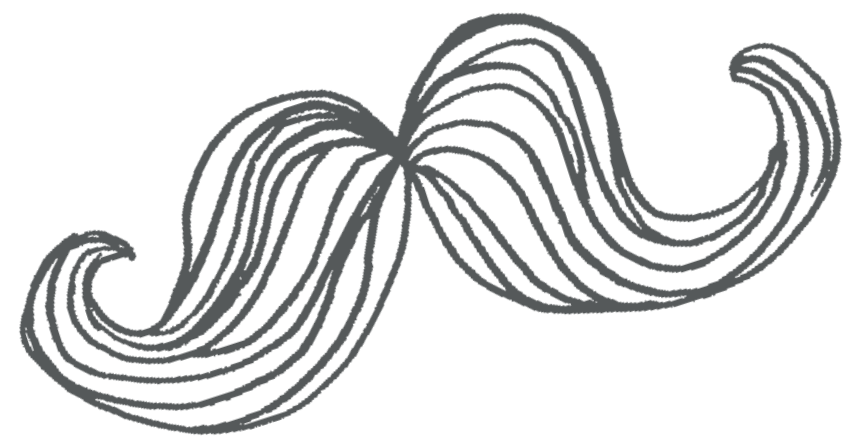
You will wear a belt around your chest and belly.

The belts can tell the doctors how hard you are breathing when you sleep. These belts are soft, just like a seat belt that you wear in the car.



You will wear a little tube under your nose.

Some children call this tube the “plastic mustache” and say it tickles! It tells your doctor how much air moves through your nose and mouth when you are asleep.



The last 6 sensors go over your heart, on your finger, and on your legs.

These sensors tell us how fast your heart beats, your oxygen level, and if you are kicking your legs at night. Did you know your heart beats slower when you are sleeping?

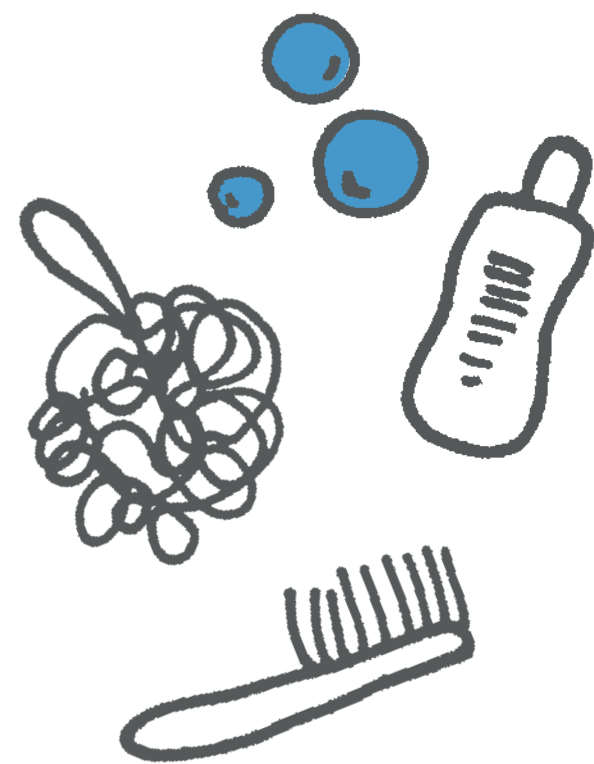




After the sleep study

In the morning, your sleep tech will remove all of the electrodes and sensors, as well as the plastic tubing and belts. You may take a bath or shower and get ready to go home or to school.

Your sleep study results will be ready in a few weeks.



Frequently asked questions (FAQs)

1. How do I schedule my study?

Please call our sleep lab schedulers at 503-418-1850 if it has been 2 weeks or more since you were referred for a sleep study.

2. How do I get the results? If you are an OHSU Sleep Clinic patient, your OHSU sleep provider will contact you within 2 weeks. Otherwise, your doctor will get a copy of your sleep study report from OHSU within 2 weeks and they will contact you with the results.

3. May I go swimming? No, OHSU patients are not given access to the pool. It is for hotel guests only.

4. My child is an active sleeper (restless or has night terrors/sleep walking), what can we do to keep them safe? You should be in the room with your child at all times. We may provide bed rails and bumpers upon request. Please alert your sleep tech if you need any additional assistance.

5. My child sleeps in a crib, do you have one? Yes, all children under the age of 12 months are required to sleep in a portable crib. You may bring your own if you prefer.

6. What if I get sick? Please call to reschedule your sleep study as soon as possible.

7. Do you have a cancellation list? Yes, please discuss with our scheduling team if you are interested in being placed on the cancellation list.

When in doubt, please contact us with any questions!





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OHSU accepts most major health plans.
OHSU is an equal opportunity, affirmative action institution.

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