

SLEEP STUDY INFORMATION

Please read all of the following information.

Your child's sleep study is at the **ST VINCENT'S PRIVATE HOSPITAL, EAST MELBOURNE**. Your child and a caregiver will stay overnight and your child's sleep and breathing patterns will be monitored with sensors attached to your child's head, chest and legs. The sensors are non-invasive, are safe and will not hurt your child.

During the day, your child should continue with their normal daily routine such as attending school and kindergarten. Please try to avoid things that will 'hype up' your child such as birthday parties, lollies, caffeinated drinks etc. **Young children should have their normal daytime naps on the day of the sleep study.**

A parent or another familiar adult should stay overnight in the sleep unit with your child (one adult ONLY). Other siblings and parents/caregivers may be present while we apply all relevant sensors before bedtime, but no other siblings or family members can stay overnight. Wherever possible, it is best if the adult staying overnight does not have a history of snoring.

You and your child are allocated a private bedroom, which you will share together. This has a bed or cot depending on the age and requirements of your child and a camper-style bed for the adult to sleep. Children are able to use the bathroom throughout the night as needed and this will not affect the sleep study.

Rescheduling Appointments

Please contact the Office on **9805 4353** at least 48 hours in advance if you are unable to keep your appointment so we can arrange for someone else to attend for a sleep study. Late cancellations may incur a cancellation fee.

Cancellations on the Day (Illness etc.)

If on the day of the sleep study your child cannot attend (for example due to illness), you will need to contact the **Office** on **9805 4353** 9am – 4.30pm. Please phone the **Paediatric Ward** on **9928 6300** for cancellations at all other times. If there is no response please phone the **Clinical Coordinator** on **9928 6812**.

The sleep study needs to be performed at a time when your child is well as illness (particularly upper respiratory tract infections) can significantly affect the sleep study results such that the study does not give an accurate representation of your child's typical sleep and breathing patterns and may need to be repeated.

Address

Teddy Bear Sleep Services Sleep Unit
Level 3, Paediatric Unit,
St Vincent's Private Hospital
159 Grey Street, East Melbourne

Admission

You will have been given an admission time of either 5:00 or 6:30pm. Please present at that time to Front Reception, St Vincent's Private Hospital and advise staff there that you are attending for a **"paediatric sleep study"** in the "Paediatric Unit, Level 3". You will be admitted and then directed to the Teddy Bear Sleep Services Sleep Unit.

Sensor Attachment

Please ensure that any makeup and nail polish (fingers & toes) is removed.

Sensor attachment takes approximately one hour. There is some entertainment available – you are welcome to bring any favourite (non violent) DVDs for your child to watch during the set-up procedure and any favourite toys/playthings.

Meals

A light supper of sandwiches, fruit and jelly will be provided for your child and the caregiver so you may wish to have your normal dinner before coming into the hospital. Breakfast is not provided but the Zouki Cafe will be open in the morning. Please note the Zouki Cafe closes at 6pm.

What to bring

Please bring your child's overnight clothing (preferably light pyjamas that open down the front or are loose around the neck; please avoid satin), toiletries, and any medication required. You may also bring your child's own pillow if preferred, and any favourite bedtime playthings or sleeping companions. Parents/caregivers wear comfortable loose clothing.

Head Lice

Please ensure that you check your child for head lice and nits prior to the sleep study and ensure that appropriate treatment is initiated prior to the study if required. Information about appropriate treatment can be obtained from your local pharmacy or your local council office.

What to expect overnight & the next day

Throughout the night, specially trained staff will monitor your child's sleep and breathing pattern data and observe your child on a video/audio monitor. The staff will ensure that the information collected is of good quality and is a good record of what your child is doing during sleep. Staff may need to enter the room during the night to re-attach electrodes.

Parents are required to care for their child as they would normally do so at home i.e. bottles if required and any medications required (although medications need to be discussed with staff prior to commencement of the sleep study). Parents may be required to attend to their child during the night should they need extra reassurance to settle back into sleep.

If anyone needs to contact you during the study, they can telephone **9928 6300 (Paediatric Ward)**. Please note that mobile phone/pagers need to be switched off during the sleep study as they interfere with recordings and may result in unnecessary further tests performed on your child.

Some children and their parents report that they do not sleep exactly as they would at home, due to the sensors being attached and being in the hospital environment. However, almost always there is enough quality information obtained during the study for diagnosis and most children are able to continue with their normal activities the following day. There may be some mild reddening of the skin after the electrodes and sensors are removed, but this will disappear within 24 hours.

Discharge Time

The sleep study will be completed at 6.00am at which time your child and their caregiver are awakened by staff and sensors are removed. You are then free to have a shower and dress.

It is necessary that the sleep unit is vacated by **7.00am at the latest**.

Parking

The car park opposite the St Vincents Private Hospital in Grey Street offers patient and visitor parking from 6am–10pm weekdays and 2pm–10pm on weekends (suitable for overnight sleep study patients). The current cost of this parking is \$28 all day (subject to change) and must be paid in cash. Metered parking is available in the surrounding streets.

General Enquiries

Please contact the Office on **9805 4353** for any general enquiries about the sleep study.

Alternatively visit the web site

www.teddybearsleepservices.com.au

Payments and Accounts

If you have any questions regarding your hospital insurance cover, or if you have recently changed or upgraded your private health fund, please call the St Vincent's Private Hospital on **9928 6640** (Main Reception) & ask to speak to the Health Fund Team. Please have the details of your hospital insurance fund ready.

Please quote:

Item Number 12210 (children aged 0-12 yrs) or

Item Number 12213 (children aged 12-18 yrs).