



# SLEEP STUDIES UNIT

*(Affiliated with the Adelaide Institute for Sleep Health, RGH)*

## SLEEP STUDY INFORMATION FOR PATIENTS 12-18 YEARS OF AGE

Dear \_\_\_\_\_

An overnight sleep study has been arranged at Ashford Hospital for .....

On **Date:** \_\_\_\_\_ **Time: 8.00 pm**

### **Preparation for Sleep Study and Responsibility of Parent or Guardian**

According to hospital policy one parent or guardian must accompany the child and arrange to stay overnight during the sleep study or the study cannot be conducted. The person staying with the child can either stay in an adjacent room or if preferred in the same room in which the sleep study is conducted. A bed will be provided in the sleep study room or spare room but note that it will be a portable fold-out bed or recliner.

En suite bathroom facilities are available and towels and linen are supplied, but please ensure that your child's hair is clean and free of any hair gel, mousse or other hair products on the night of the study. Nail polish should also be removed. Males with significant facial hair growth are required to shave before coming in.

Your child should try to follow a normal sleeping schedule as much as possible in the few days preceding the sleep study. If your child is suffering from a heavy cold, please contact the unit, as the study may need to be postponed.

### **What You and Your Child Need to Bring**

Please ensure that your child has comfortable nightwear, dressing gown and slippers. We also ask that you bring with you any items which are essential to your child's comfort which may help to put them at ease, such as a book or special pillow. A television is present in the room. The parent or guardian is also required to bring their own pillow, night wear and toiletries.

### **Medication and Allergies**

Please also bring any medication and medical equipment your child may require on the night of the study (e.g. including over the counter medications or ventolin). These items will not be supplied by the Hospital. The staff monitoring the sleep studies are technicians and are therefore not authorised to administer medications to patients. If the study asks for your child to be tested on their current CPAP settings please bring the CPAP mask but not the CPAP machine as this will be available in one of the rooms.

If your child has sensitive skin or any allergies, e.g. to latex - please inform the secretary when confirming the appointment as well as the technician on the night of the study.

### **Arrival Time and Location of Sleep Unit**

We ask that you arrive with your child at 8pm on the evening of the study. Parking is available in the Ezipark car park off Everard Avenue at a rate of \$27.00 per night (up till 12 hours).

The Sleep Unit is situated in the Day Ward which is located on the ground floor near the front reception area of Ashford Hospital (off Reid Avenue).

### **Information about the Sleep Study**

Following admission, you will be shown to your room by a sleep technician who will explain what the study involves, and will then set up the equipment which monitors your child's sleep. The technician will be happy to answer any questions you may have regarding the sleep study.

During the night your child's breathing, heart rate, brain activity, leg movements, and the level of oxygen and carbon dioxide in the blood will be monitored. Different sensors will be applied to the skin in order to make these measurements, but please note that none of the procedures carried out during the sleep study are invasive or painful in any way.

For your child's safety the technician will be able to view the sleep study on a video monitor which will also be digitally recorded. Recording will cease when the study has ended. A buzzer is present in the room if you or your child requires urgent assistance.

Please complete a menu if breakfast is required.

### **What Happens the Next Morning**

The sleep study ends at approximately 6.00am and you will be able to leave by 6.30-7.00am. The technician will remove all the recording sensors, and your child can have a shower before leaving. Breakfast will be provided to both patient and parent/guardian, as ordered the previous evening. As the rooms need to be cleaned and prepared for day patients – an Ashford staff member will escort you and your child to the dining room for breakfast.

### **Following the Sleep Study**

A follow-up appointment will be made for you once the sleep study has been analysed. Results of your sleep study will then be sent to your doctor, who will discuss them with you at your next appointment.

**Please note:** technicians cannot discuss or interpret the results of the sleep study. The physician will discuss these details with you during the follow-up appointment.

### **Fees**

Following the sleep study an account will be forwarded to you. The fee for an overnight sleep study is 75% rebatable from Medicare with the balance claimable from your private health fund. A separate fee will be charged for your hospital accommodation account, which is claimable from your private health fund.

**Note:** It is important, however, to check your level of cover with your health fund, prior to your admission.

### **Important**

If the date of the arranged study becomes inconvenient please call the Adelaide Institute for Sleep Health as soon as possible on 8275 1187 Monday to Friday between 9am & 5pm. If a parent or guardian cannot stay overnight with the child the appointment will need to be rescheduled. The out of hours number (for urgent matters only) is 8275 1149.