Sleep Study FAQs for Kids

What you need to know about a sleep study:

- This is a test to see how you sleep. You will be going to sleep in a room at the sleep laboratory. It will look different than your bedroom at home, but we try to make it as comfortable as possible.
- This is an outpatient test. It takes place in a sleep laboratory in a medical office building.
- Be sure to take a bath or shower and wash your hair before coming for the test. Do NOT use any lotions, conditioners or hair cream, or the testing equipment may not work.
- There will be no needles or pinches, but there will be lots of wires and tape, especially on your head.
- A parent must come with you and stay all night with you. Your parent will provide all the care, feedings and medications that you need, so that the technician can do the sleep study. There will be a small bed for them to sleep in close by in the room. You must sleep in your bed or crib for us to be able to do the test.
- Do not drink any caffeinated beverages the day of the test (no chocolate, cola, Pepsi, Coke, chocolate milk, Mountain Dew, caffeinated energy drinks, tea or coffee).
- Wake up at your normal time on the day of the study. Do not nap in the car on the way to the Sleep Center.

What your parents need to know:

- Try to keep your child’s sleep habits as close to normal as possible on the day of the study. Awaken the child at the normal time and do not allow extra naps.
- On the evening of the sleep study, report to the Pediatric and Adolescent Sleep Center. Arrival time is usually between 7:00 and 7:30 pm, but the scheduler will give you the exact time. All necessary paperwork will be there (or please bring completed paperwork printed out from our website). Bring the completed Two Week Sleep Log and give it to the tech.
- There is a twin bed in the room with the sleep testing bed where a parent can sleep. It is the parent’s job to do all regular care for the child, and to help with the child as needed so the technician can do the best quality sleep study possible. Only one parent may sleep in the room or in the Sleep Center. If you have someone else coming with you, we can provide information about lodging near the Sleep Center.
- There is a half bathroom in each sleep room, and a communal shower available if needed.
- Every effort is made to assure conditions for your child to sleep undisturbed. We ask your cooperation in assuring a quiet, dark environment for your child to sleep. In other words, DVD player, cell phones, and other electronics must be turned off at “lights-out.”
- Your child should eat before arriving at The Pediatric and Adolescent Sleep Center.
- The child should take all regular medications at the usual times.
- There is a small parent lounge with microwave, coffee maker and small refrigerator for your use. There are light snacks available, but there is no cafeteria or restaurant in the building.
- “Lights-out” will be NO LATER than 9 pm for children younger than 11 years, and 10 pm for older children.
- When the test is finished in the morning, you will be ready to leave by 6:30 or 7:00 am.

What to bring:

- ONE parent.
- Special pillow, blanket, toys, DVD or audio, books, and clothing to help you feel comfortable and help you to sleep. NO “onesies,” no one piece pajamas and no pajamas with feet in them.
- Your medications, so we know what you are taking, and so you have them available to take while you are here. You or your parent will be responsible for bringing and giving your regular medications at their usual times.
- Any feedings, pumps, or medical equipment that you use other than a CPAP or BiPAP machine.
- Clothes for the next morning, and personal toiletries.
- If you use CPAP or BiPAP for sleep, bring the mask you use at home.

For Sleep Study Results: Reading and interpreting a sleep study is complicated, and usually takes about 2 weeks. Any highly abnormal tests are immediately brought to the doctor’s attention so that interventions can be started soon. Otherwise, the results of the test and the follow-up plan will be shared during your follow-up appointment with your doctor.

At the time that you schedule the sleep study, please also schedule a follow up appointment for two to three weeks after the study to discuss the results and treatment plan. If you were seen in the Pediatric and Adolescent Sleep Center by a sleep doctor who ordered the study, please schedule the follow up in Sleep Clinic. If your sleep study was ordered directly by your doctor, and not by a Sleep Center physician, we will send the results to your doctor so please schedule a follow up appointment with your doctor or contact the doctor to discuss the study results.