

## **Sleep Study FAQs**

**Please arrive at the Pediatric and Adolescent Sleep Center (2730-D Prosperity Ave Fairfax VA 22031) at 7:15pm on the night of your study.**

### **Getting prepared for your sleep study:**

- 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.
- Be sure to take a bath or shower and wash and dry your hair before coming for the test. Do not use any lotions, conditioners or hair cream, or the testing equipment may not work.
- Your child should eat dinner prior to arrival at the sleep center. Do not drink any caffeinated beverages on the day of the test.
- Your child should take all regular medications at the usual times, unless instructed otherwise by your child's provider. If your child takes medications in the evening or overnight, bring those medications with you, and you will be responsible for giving medications at their usual times.
- Bring a special pillow, blanket, toys, DVD or audio, books, and clothing to help you feel comfortable and help you to sleep. Please do not wear one piece pajamas or pajamas with feet in them. Bring personal toiletries.
- If your child needs any feedings, pumps, suction equipment, or other medical equipment that you use at home please bring that with you.
- If your child uses CPAP or BiPAP for sleep, bring the mask and hose your child uses at home, but you do not need to bring your PAP machine with you.

### **On the night of your sleep study**

- On the evening of the sleep study, please ring the doorbell at the front door of the office, the technician will then let you in. Bring the completed Two Week Sleep Log and give it to the tech.
- You will sleep in the same room as your child in a separate twin bed. *Only one parent* may sleep in the room or in the Sleep Center. If your child is younger than 18 years old, you are required to be with your child all night.
- 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.
- There is a half bathroom in each sleep room, and a communal shower available if needed.
- Hook-up for sleep study will take between 40-60 minutes. There will be no needles or pinches, but there will be lots of wires and tape. We have TVs with DVD players, and Wi-Fi for use with your personal electronic devices. Please bring something to keep your child entertained and distracted during the hook-up.
- After hook-up is complete, it will be "lights-out". This may be different than your child's usual bedtime at home.
- Every effort is made to assure conditions for your child to sleep undisturbed; therefore, the DVD player, cell phones, and other electronics must be turned off after all the sleep study equipment has been put on.
- The technician will come in periodically throughout the night to check and adjust the sleep study equipment as needed.
- 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. Food and drinks are not allowed in the sleep rooms.
- When the test is finished in the morning, your child will be woken up by 6:00- 6:30 am, and the equipment will be removed prior to leaving. There may be some residual sticky material from the equipment.

### **For Sleep Study Results:**

- If you were seen in the Pediatric Sleep Center by a sleep doctor who ordered the study, please schedule the follow up in Sleep Clinic. Please allow 2-3 weeks for results.
- 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 contact your doctor to discuss the study results. Please allow 2-3 weeks for results.

**If you have questions, call us at (703) 226-2290**