

CHILDREN'S HEALTHCARE OF ATLANTA

SLEEP STUDY INFORMATION

Your medical provider has recommended a sleep study for your child. Please refer to this information for any questions. Call sleep lab at 404-785-2974 to schedule your child's sleep study no sooner than 7 business days from your office visit.

Frequently Asked Questions About Sleep Studies

What is a sleep study?

A sleep study is a test that looks at what happens to your child's body when he is sleeping. The study monitors your child's brain waves, breathing, heart rate, and body movements. Your child's doctor will use the test results to diagnose any sleep or breathing disorder that is evident. Your child will have many monitors and leads placed, but nothing is painful. Your child will not have an IV placed.

What do I do before the test?

- Bathe your child and wash his/her hair before the study.
- Do not use any conditioners, cream, body lotions, or hair spray after the bath.
- Your child may eat a normal dinner before the study. Do not let him/her have anything with caffeine, such as a soda, tea, or chocolate on the day of the study.

Can my child take a nap before the sleep study?

- If your child is younger than age 2, keep him awake after 4 PM on the day of the study.
- If your child is older than age 2, keep him awake after 1 PM on the day of the study.

Should my child have usual meals on the day the sleep study is scheduled?

- Please have a normal dinner with your child before you arrive. No meals or food will be provided by the hospital during the test.

Can I plan to stay with my child?

- Yes, prepare yourself to stay the night. One parent must stay overnight with your child.

Can I bring my other children?

- No, please arrange for someone to care for your other children at home. We do not have room for other children in the sleep lab.

What do I bring to the sleep study?

- Pajamas or two-piece clothing, such as a T-shirt and shorts.
- A favorite blanket, pillow, toy, book, or other item that will help your child feel comfortable.
- Any machines your child uses at night, such as a CPAP or BiPAP and feeding pumps.
- Bottles and formula, including formula for G-tube feedings.
- Diapers and wipes.
- Any medications you give your child at night.
- Clothes and toiletries for yourself since you will be staying the night with your child.
- You may use your apnea monitor in the car, but it is not needed during the study.

What time do I need to arrive for my child's sleep study?

- Please arrive at the time indicated on the instructions that were sent to you from the Children's Sleep Center. Patients arriving after 8:30 PM are subject to being rescheduled at a later date. This is an all-night test. The study will last until 6:00 AM.

What do I do if I need to cancel my child's sleep study?

- If you need to cancel a sleep study, please give us at least 24 hours notice. Call the Children's Sleep Center location where your child's study is scheduled:

Children's at Egleston: 404-785-6650

Children's at Satellite Boulevard: 404-785-2096

Children's at Scottish Rite: 404-785-2096

Children's Sleep Center Central Scheduling: 404-785-2974
