



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

Dear Patient / Parent / Guardian,

An overnight sleep study has been arranged for your child at the Ashford Hospital on:

**Date of Study** \_\_\_\_\_ at **8:00pm**

Please check in at the hospital's main reception area to be admitted. The admission process will take approximately 15 minutes. A sleep technician will arrive at front reception at 8.30pm and take you and your child to your room where the sleep investigation will take place.

- Please confirm your attendance at least 7 working days prior to your booking
- If this date is not convenient please call (08) 8275 1187 to rebook
- Complete the enclosed Patient Registration form and return it in the reply-paid envelope as soon as possible.

A sleep study is a complex investigation which requires considerable time, effort and organisation by hospital staff. Please read the following directions carefully, as the information and suggestions provided here will enable you and your child to be more comfortable, as well as assisting the staff and improving the quality of the study.

### ***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 but note that it will be a portable fold-out bed.

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 (excluding those with beards) 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.

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

Following admission, you will be shown to your room and a sleep technician will explain what the study involves and will 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 levels 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 and archived as part of their patient record. Recording will cease when the study has ended. A buzzer is present in the room if you or your child requires urgent assistance.

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

Complimentary breakfast voucher for Hudsons Café at Ashford will be provided should you require it.



**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:**

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.

**Checklist: What to Bring**

- Private Health Care Card
- Medicare card
- Any medications your child will need overnight or in the morning
- A written list of all your child's current medications
- Pyjamas or Nightwear
- Toiletries, including shampoo (shower facilities are available)
- CPAP mask (not machine) if your child is currently on treatment (and it is requested by the physician)
- Your own pillows if preferred

**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 Greenco carpark, located on the corner of Everard Avenue and Alexander Avenue at a maximum rate of \$24 – subject to change without notice.

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 Marlestone Avenue).

**What Happens the Next Morning:**

The sleep study ends at approximately 6.00am and you will be able to leave before 7.00am. The technician will remove all the recording sensors, and your child can have a shower before leaving.

**Following the Sleep Study:**

Your sleep study results will be sent to your referring Doctor who will discuss these with you at your next 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 bed fee will be charged for your hospital accommodation account, which is claimable from your private health fund. It is important, however, to check your level of cover with your health fund, prior to your admission.

**Please note:** Each fund has several levels of patient cover. Please ensure you check your level of cover with your private health fund BEFORE your sleep study. If you are not fully covered for a hospital admission with no excess to pay, there may be a fee to pay on admission.

**Important:**

If the date of the arranged study becomes inconvenient please call 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.

Yours Sincerely

Adelaide Institute for Sleep Health  
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