

# Center for Pediatric Sleep Disorders

## Frequently asked questions regarding the Sleep Laboratory are:

### What is a sleep study (polysomnogram, PSG)?

- An electrophysiological procedure that records brain waves, eye movement, muscle activity, cardiac patterns, and breathing during sleep.

### Why is a sleep study necessary?

- To help determine if a child's sleep is unusually light or broken; lacking any normal features; progresses normally through deep and light sleep and dreaming; is interrupted by leg jerks or other abnormal movements; or is associated with abnormal breathing patterns.

### What is a CPAP study?

- This is a sleep study with the addition of CPAP (continuous positive airway pressure) for children diagnosed with periods of shallow or obstructed breathing during sleep. In this study the child wears a nasal mask through which air is delivered at controlled pressure to re-establish normal breathing.

### What is a Multiple Sleep Latency Test (MSLT)?

- This is a test of a child's ability to fall asleep at 2-hour intervals across the day. Abnormalities document the presence and severity of excessive daytime sleepiness and may help make the diagnosis of a specific condition called narcolepsy.

### What should I bring to the Sleep Laboratory?

- Bring items your child will need during the night, such as pajamas, a favorite pillow and blanket, a bottle or pacifier, and usual medications. A favorite videotape may help during preparation. One parent or responsible caregiver must remain overnight. You may want to bring pajamas and other personal items for yourself. There is a private shower in each bedroom.

### Can my child sleep or eat prior to the sleep study?

- Avoid letting your child take extra naps on the day of the study, particularly on the way to, or immediately prior to, your arrival at the Sleep Laboratory. Your child should eat before arrival; however, caffeine, soda, coffee, tea, or chocolate should be avoided.



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## **How do I get my child ready for the sleep study?**

- Wash your child's hair thoroughly the night before, or morning of the sleep study; avoid using oil, gel or hairspray. Reassure your child that you will stay with him/her through the entire test. Perhaps explain to your child (if your child old enough) that nothing should hurt; recording sensors simply will be placed mainly on the head and face. Generally, no shots are necessary. During the one-hour preparation your child can watch a favorite video.

## **What happens during a sleep study?**

- The lights are dimmed and your child is allowed to go to sleep. Parents usually share the child's bedroom on a fold-out cot. A technologist may enter the room during the night as needed. In the morning (usually 6:00 am) your child will be awakened and the sensors removed. Most families leave by 7:00 am.

## **What happens after the sleep study?**

- The sleep study is interpreted by a Sleep Center physician and preliminary results are sent to the doctor who ordered the study and to certain other doctors involved in your child's care. A full report is usually sent out within 2 weeks. Technologists will not give their impressions or preliminary results prior to physician interpretation.

## **What number do I call if I have questions or concerns before or after the sleep study?**

- Call the scheduling office or the Sleep Lab.

## **What should I do if I need to cancel my appointment?**

- Contact us immediately so another patient may be scheduled or the technologist notified. Weekdays between 8:00 am and 4:00 pm, call the Scheduling Office at (781) 216-2570. At other times call the page operator at (617) 355-6363 and ask to page the Chief Technologist for the Sleep Lab (Boston Lab page #0804, Waltham Lab page #6638)

