

Sleep Study for Your Child (Polysomnogram) and MSLT (Multiple Sleep Latency Test) - Marshfield

Your doctor has scheduled your child to have a sleep study on:

- Arrive at the Marshfield Medical Center, Medical Offices Entrance 1 at _____ p.m.
(see map) Enter using the right sliding doors and please have a seat in the main lobby. Staff will be up to get you and escort you to the sleep lab.
- Other _____

If you need to cancel or reschedule your appointment for any reason, call Sleep Medicine as soon as possible. The phone numbers for Sleep Medicine are **715-221-6001** or **1-800-782-8581, ext. 1-6016**.



Before you come for your sleep study, review video “Spending a night in the Sleep Lab: What kids need to know” at marshfieldclinic.org/sleepstudy

The polysomnogram is an overnight sleep study. Small electrodes are attached to your child’s scalp, face, chest, and legs to measure brain, heart, and muscle activity as your child sleeps. Your child’s breathing is monitored using various devices. Your child will sleep overnight in the Sleep Medicine Department. For your child’s comfort and safety, either you or a guardian must stay with the child during the test. Only one parent or guardian must stay with the child.

What Should You Plan on the Day of the Study?

- Do not give your child any food or drinks that have caffeine (soda, chocolate, tea, coffee).
- Do not apply any hair spray, gel, or oil to your child’s hair. Your child’s hair will need to be clean and dry.
- Do not apply lotions or creams to your child’s skin.
- Pack an overnight bag for yourself and your child.
- Child should not wear or bring jewelry along.
- Parent or guardian should wear comfortable clothing.

What Should You Pack in Your Overnight Bag?

- Pajamas or shorts and a t-shirt. Bring an extra set of pajamas, in case of accidents.
- Bring any special blanket, stuffed animal, pillow, or other special item that your child usually sleeps with, or that will help your child feel “at home” at the sleep lab.
- Favorite movie, book to read, or other quiet activity to do during the set-up process.
- If you usually read to your child at bedtime, bring a book with you.
- Any special bottles or drink.
- Training pants, pull-ups, diapers and wipes if your child is not fully potty-trained or has a history of bed-wetting.
- Toothbrush, toothpaste, soap, shampoo, and other personal hygiene items (shower and towels are provided).
- Any medicines your child usually takes at nighttime or the next day. These medicines will be reviewed with a pediatric nurse before the sleep study.
- Clothing for the next day.



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Diet

Your child should eat their evening meal at the usual time before coming to the sleep lab. The child should not drink beverages that have caffeine at the evening meal. If your child is used to a bedtime snack, you may bring one with you to the sleep lab. There is a light continental breakfast available in the morning.

Expectations of the Parent or Caregiver

- One parent or caregiver is expected to stay with the child in the same room throughout the sleep study. A cot will be furnished for you to sleep on.
- The TV, computer, phone, and electrical devices are expected to be turned off when the child is tucked in for the night.
- Bring along your personal hygiene items, clothing, and medicines you may need for the stay.

Results of Your Child's Polysomnogram

The completed recording of both tests will be analyzed and the data presented to your child's doctor. Your child will be scheduled for an appointment 2–3 weeks after the sleep study to receive the results of the night and day nap tests.

Insurance

Assistance is available for obtaining pre-authorization if it is required. Pre-authorization, from an insurance company, is not a guarantee of payment. You are encouraged to verify your policy and benefit limitations including copays, coinsurance, and deductibles.

Multiple Sleep Latency Test (MSLT)

- A multiple sleep latency test (MSLT) is done during the daytime. The MSLT consists of a series of five naps, each 20 to 35 minutes in length, during which a technologist will ask the child to try to fall asleep. During the trials, the brainwaves are recorded with electrodes attached to the head to determine if the child is awake or asleep. The test is given every 2 hours throughout the day. It will take most of the day to complete and the procedure will be finished around 5:00 p.m.
- You will be asked to step out of the testing bedroom during each nap so the room is completely quiet.
- In order for the testing to be accurate, the child must remain awake between naps. Bring something to read or play with if possible. A TV with a VCR/DVD player is provided in each room to watch during the day to help keep you occupied between naps. Feel free to bring in your own DVDs for the child to watch in-between naps.
- Bring any medicines or supplies your child is currently using and take them as usual, unless otherwise directed by your doctor.
- Have the child wear comfortable clothing. Leave jewelry at home.
- Meals are not provided, but can be purchased in the cafeteria. If you wish to bring food from home, a refrigerator and microwave are available to use.
- The child is asked to avoid any stimulant, including caffeinated beverages such as coffee, tea, soda, or chocolate during the day of testing.

