

# Sleep Study for Your Child (Polysomnogram) - Marshfield

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

Arrive at the Marshfield Medical Center, Emergency/Urgent Care entrance, Emergency

Registration at \_\_\_\_\_ p.m. (See map - entrance under ramp)

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](http://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.



marshfield  
children's

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

## Results of Your Child's Polysomnogram

If your child is scheduled to see the sleep specialist the next morning, they will meet you in your child's bedroom. (Usually the results of the polysomnogram are available the day after the test.) It is important to review the results of your polysomnogram with your sleep specialist. You will be ready to leave around 9:00 a.m.



marshfield  
children's®