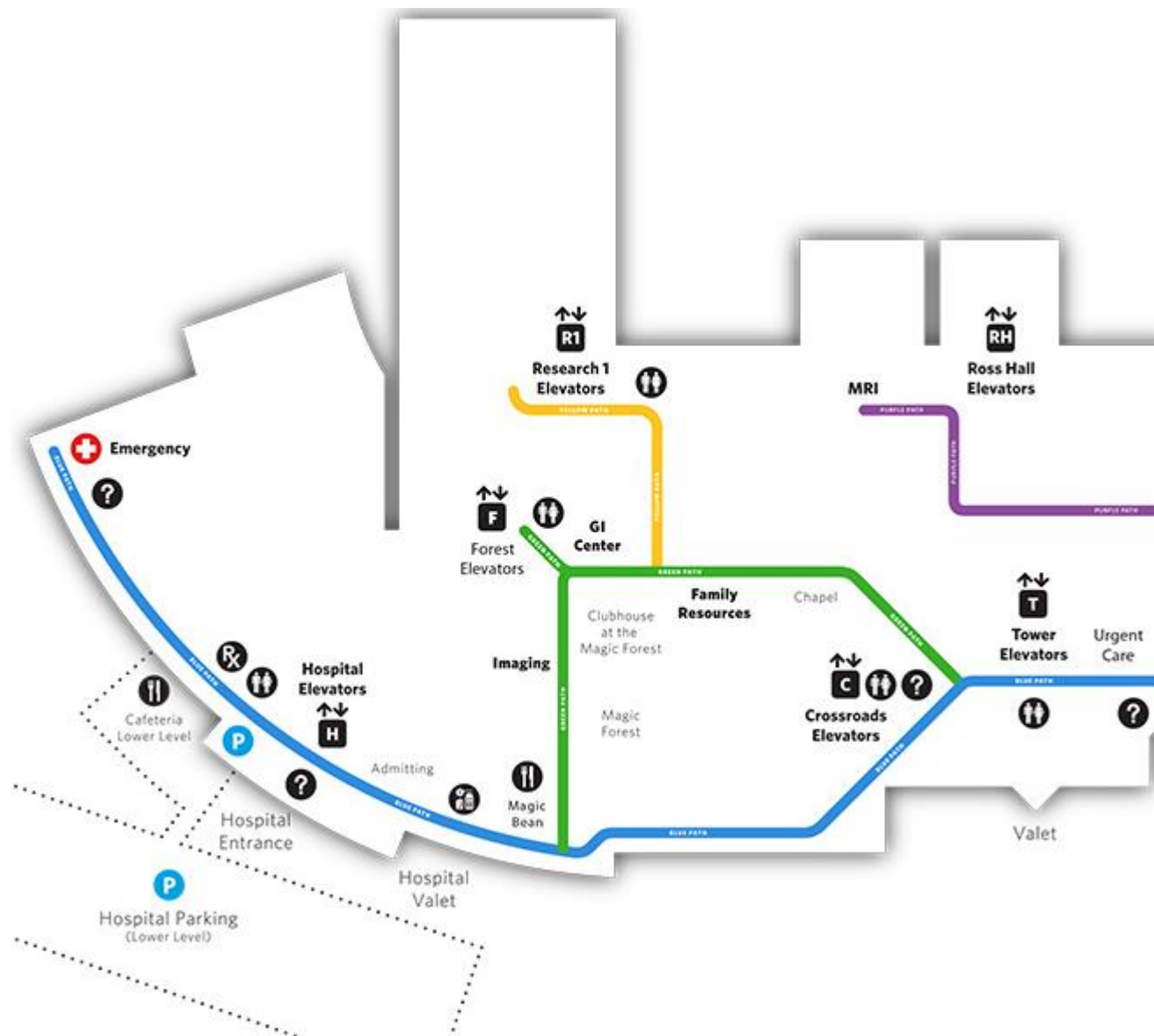


Wayfinding

Families and visitors will be able to navigate the hospital by following our new subway-style Wayfinding system that features clear and obvious paths of color in the floors. Lost? If you are looking for directions around our campus, we have several ways to help:

- Visit any one of our information desks located along the blue path.
- Use the digital direction boards located throughout the hospital.
- Download our mobile app, (<http://www.nationwidechildrens.org/mobile-applications>), myChildren's - which has up-to-date clinic location information.



Sleep Lab Appointment

Child's Name: _____ Date: _____

Arrival Time: _____ Appointment Time: _____

Admitting Department 1st Floor (H Bldg.) (Patient Access)

Parking: You may park in underground parking garage (Blue), \$2.00 all night fee

Nationwide Children's Hospital

630 Children's Drive

Columbus, Ohio 43205

Discharge time is between 6:00-6:30am the following morning.

IMPORTANT: Parents are required to read all instructions PRIOR to arrival for sleep study.

MISSED APPOINTMENTS and CANCELLATIONS POLICY:

If you do not give 24 hours notice or do not show for your appointment 2 times, you will be **required to get a new referral from your doctor** before rescheduling. You will NOT be eligible to be placed on the sleep lab wait list. We have sleep technicians here just for you and your child, please be courteous so we may adjust schedules if needed.

If you are unable to keep a scheduled appointment, please give **24 hour advance notice** by calling 614-722-4613 option 3, then 2.

Appointments are not guaranteed for more than **30 minutes** after your appointment time (unless a phone call is received)

Sleeping arrangements are provided for the patient and **1 parent**, please be advised that other children and/or family members are NOT permitted to stay, this will result in having to reschedule your child's Sleep Study.

Our staff will reach out to your provided Insurance company to obtain Prior-Authorization/Precertification, if necessary. If you would like to call your Insurance company to verify your plan benefits and/or out-of-pocket expense please provide them with the Procedure Code _____.

****We are an outpatient testing facility, this means that:**

- **NO FOOD IS PROVIDED** – Eat dinner before arriving, bring snacks and drinks if you would like. We have a refrigerator and a microwave for your convenience.
- **NO MEDICATIONS/EQUIPMENT are PROVIDED** – Please bring any medications or special equipment from home that you and your child may need during the stay (medications, tube feeding, feeding pumps, diapers, formula, etc.)
- **1 PARENT must be with the patient all night long** (ONLY 1 parent)
 - The parent is responsible for feedings, diaper changes, or ANY OTHER care your child may need.
 - A parent or guardian must be available to sign the admission consent allowing the child to stay over for the sleep study.
 - No siblings, relatives, or additional individuals will be allowed to stay.
- Remember to **bring toothbrush, toothpaste, soap, etc. for you and your child.** Please also bring any items that your child may need for comfort during the study, such as; pillows, pajamas, videos, and/or favorite toy.
 - Bedding is supplied for both beds. However, feel free to bring your own items as well.
 - Shower, toilet facilities, and towels are available.
- **Lights out at 10:00pm** for both patient and parent. (NO phone, tablets, tv's, etc. after 10:00pm)

MSLT: (Multiple Sleep Latency Test) – If your child is having a nap test the following day, please be sure to pack a lunch. Our sleep labs provide refrigerators and microwaves for your convenience.

Sleeping with the Electrodes On

Most children sleep pretty well in the sleep center if all the test guidelines are followed. The body sensors are put on so that your child can turn and move around during the night. Your child will probably not know the sensors are on after wearing them for a short time. The staff tries to make each child as comfortable as possible. Going to the bathroom is very easy. All the wires that are attached to your child are plugged into a box. If your child needs to use the bathroom, tell the technician. The technician will come in and unplug your child from the box and he will be free to walk to the bathroom.

Other Tests

If the doctor needs more information than what the sleep study shows, other special tests might be ordered. These may include:

- **CPAP** – Some children need to have a test done with a machine that helps them breathe at night. This is a lot like a regular sleep study, but the child wears a mask over the nose while he or she sleeps. The mask is connected to a breathing machine. If the doctor feels that you need equipment to use at home, one of our respiratory therapists will call you and explain how to get what you need.
- **MSLT (the Nap Test)** – Some children stay for more testing during the day after an overnight sleep study. This test is called the Multiple Sleep Latency Test (MSLT) or the Nap Test. Your child will take four or five 20-minute naps, spaced two hours apart during the daytime. This measures a lot of the same things as the overnight study. Usually, the MSLT is over by 6:00 p.m. and your child may be ready to go home.

Why the Tests Are Done

Sleep studies are often ordered to find out if a child has problems breathing while asleep. Obstructive sleep apnea (OSA) is one of the most common reasons for doing a sleep study. It is often found in children who snore, gasp for air, or stop breathing while asleep.

Children with enlarged tonsils may also have apnea (AP-nee-uh). However, there are many other reasons why your doctor may want your child to have these tests. A doctor who is specially trained in sleep medicine will review the results of the sleep study. The report will be sent to your child's doctor's office or clinic.

How the Tests Are Done

- A sleep technician will talk to you and your child about how the test is done.
- All children under the age of 1 year will be required to sleep in a crib.
- Your child will not be sedated (given medicine to make him or her sleepy) during the sleep study, so we may need to wrap him in blankets or place him on a papoose board while the disks are being put on the scalp. A blanket or papoose board may also be used to keep a child from rolling around on the bed or pulling on the wires.
- Several small areas of your child's scalp, face, chest and legs will be prepared for the test by gently rubbing with a Q-tip and mild cleanser. Small round discs, called electrodes, are then attached to the scalp using gauze squares and glue (Picture on previous page).
- The glue is gently blown dry with a hand-held dryer. The dryer sounds like a hair dryer at home. The electrodes are filled with a paste that makes contact with the scalp. This allows brain activity to be measured.
- Your child's skin may get a little pink. Wires from the discs are then attached to a small box. Faint electrical impulses of the brain and the signals from the other sensors and belts are sent to a computer in the control room.
- A finger stick blood test is done on every patient in the morning before you go home.
- After the study, the glue that held the discs in place is easily removed with shampoo.

HOW TO PREPARE FOR THE TEST:

- **DO NOT give your child coffee, tea, soda pop, chocolate, or other beverages which contain caffeine or large amount of sweets after noon on the day of the study.** These stimulants can keep your child from relaxing and sleeping.
- **Restrict daytime naps:**
 - Infants – no naps after 3:30pm
 - Children – no naps after 12:00pm
- Explain to your child that you will be “sleeping over” with them at a new place. Our technician will help you explain what will happen during the test in a way that they can understand. You may schedule a tour of the sleep lab prior to your appointment, if you choose.
- Please be sure your child takes a bath before arriving. This removes all excess, dirt, oils, and lotions from the skin that may interfere with the quality of the study. **NO CONDITIONERS, HAIRSPRAY, HAIRDRESSINGS, OILS OR GREASE** are to be used, this will prevent good contact between the electrodes and the skin – which will require extra time for removal. **WASH HAIR WITH SHAMPOO ONLY.** Do not “tease” your child's hair. Remove any braids and/or synthetic hair. Synthetic hair will be damaged by the glue that is used.
- Please check your child for any **skin or scalp rash** that may be contagious. Call us if these conditions are present as we may need to reschedule the appointment, or if your child has a cough, fever or ill please call us as we may need to reschedule the appointment.
- Please visit the below link to view a video of “What to expect at your Child's Sleep study”: <https://www.nationwidechildrens.org/sleep-study>

PARKING



- Please park in the **Hospital Parking Garage (GPS USE: 635 Children's Drive, Columbus, OH 43205)**, an underground garage located immediately in front of the Main Hospital on Children's Drive.
- A time-stamped ticket will be issued when entering the garage. Overnight parking for a sleep study is \$2.00.
- Take the **elevators to the first floor Welcome Desk where you will be checked in.**
- Parking fees may be paid inside the hospital by using the various "pay-on-foot" stations.

Sleep Study **Helping Hand™**

A sleep study, or *polysomnogram* (pol ee SOM no gram), is a test that measures and records several things that happen during a child's sleep. What is measured depends on the kind of sleep problems your child is having.

Some of the tests use small metal discs, called **electrodes**. The electrodes do not hurt your child (see **Picture 1**).

- For an EEG these electrode discs are put on the scalp to measure brain activity.
- For an EKG the disks are put on the chest to measure the heartbeats.

Other things that may be measured include:

- Eye movements - electrodes are put above and below the eyes
- Muscle movements – electrodes are put on the chin
- Limb movements – electrodes are put on the legs or arms
- Breathing – sensors are placed near the mouth and nose to measure the flow of air. Small elastic belts are put around the chest and waist to track when the child breathes in and out.
- O₂ (oxygen) saturation – a sensor is put on a finger or toe to check oxygen levels
- ETCO₂ monitor – a sensor is placed near the nose to measure the amount of carbon dioxide when the child breathes out.



Picture 1 Having a sleep study.