

PARENT GUIDELINES

- ❖ Your child is here for a sleep study which was requested by his/her doctor.
- ❖ In order to have a successful sleep study, we do require assistance from the parents.
- ❖ We will be attaching approximately 28 wires to your child's face, head, legs, chest and abdomen along with an oximeter probe generally placed on one or the fingers or toes. Some children are reluctant to allow us to place all of these things on them without resistance. We encourage you to be an active participant in this procedure. You may hold your child on your lap if you wish.
- ❖ Once all of the wires are in place, it is generally time for "lights out".
- ❖ We ask that you turn off cell phones as it may cause electrical interference with equipment.
- ❖ In addition, we ask that you encourage your child to sleep and to discourage them from pulling any wires off.
- ❖ You may lay with your child until they are asleep; we then ask that you sleep in the bed provided for you.
- ❖ As sleep lab technologists, we are not permitted to do any type of "nursing care". We are only observing your child's sleep and will replace any wires throughout the night. However, we ask that you respond quickly to your child if they awaken. This may prevent them from pulling off any wires.
- ❖ We want to provide your doctor with the most complete information obtained from the sleep study. We do ask for your cooperation in tending to any needs of your child.
- ❖ As with any outpatient procedure, we do not provide any food or beverages with the exception of water. Please bring formula, bottle, diapers, wipes, snacks and anything else you think may be needed.
- ❖ The technologist is unable to give you any type of results, so please do not ask. A tech could lose their job if they were to give any information to patients/parents.
- ❖ If you need anything throughout night, please do not hesitate to ask.

EDEMF4509 PNETSLP006 04/27/2012 13:44 BTP1759

