



SLEEP STUDY INFORMATION

Your child's sleep study is at the **ST VINCENT'S PRIVATE HOSPITAL, EAST MELBOURNE**. Your child and a caregiver will stay overnight and your child's sleep and breathing patterns will be monitored with sensors attached to your child's head, chest and legs. The sensors are non-invasive, are safe and will not hurt your child.

During the day, your child should continue with their normal daily routine such as attending school and kindergarten. Young children should have their normal daytime naps on the day of the sleep study.

Other siblings and parents may be present while we apply all relevant sensors before bedtime, but only one adult can stay overnight. A non-snoring adult is preferred!

You and your child are allocated a private room and bathroom. This room will have a bed or cot depending on the requirements of your child, and a bed or a recliner bed for the adult to sleep. Children are able to use the bathroom throughout the night as needed and this will not affect the sleep study.

Illness

The sleep study needs to be performed at a time when your child is well as illness (particularly colds and tonsillitis) can affect the sleep study results. **Your child needs to be off antibiotics for at least 2 weeks before the sleep study.**

Rescheduling Appointments

Please contact the Office on **9805 4353** at least 48 hours in advance if you are unable to keep your appointment. Late cancellations may incur a cancellation fee.

Cancellations on the Day (Illness)

For cancellations on the day, please notify us as soon as possible (preferably before 12pm) so we can offer the appointment to other patients.

Monday – Friday (if calling between 9am – 4.30pm)
Please **contact the Office on 9805 4353**.

Monday - Friday (if calling after 4.30pm) and Saturday (anytime)
Please phone the **Paediatric Ward on 9928 6856**.

If there is **no response confirming notification of your cancellation has been received** on the above numbers, please phone the **Clinical Coordinator on 9928 6812**.

Address

**Teddy Bear Sleep Services Sleep Unit
St Vincent's Private Hospital
Level 3, Paediatric Ward,
159 Grey Street, East Melbourne**

Admission

You will have been given an admission time of either 5:00 or 6:30pm. Please present at that time to **Front Reception**, St Vincent's Private Hospital and advise staff there that you are "**attending for a paediatric sleep study in the Paediatric Ward, Level 3**". You will be admitted and then directed to the Teddy Bear Sleep Services Sleep Unit.

Sensor Attachment

Please ensure that any makeup and nail polish (fingers & toes) is removed.

Sensor attachment takes approximately one hour. There is some entertainment available (TV including some Foxtel channels) for your child to watch during the set-up procedure. Alternatively, you can bring in books, colouring in, tablets/consoles and any favourite toys/playthings.

Meals

A light supper of sandwiches, fruit and jelly will be provided for your child and the caregiver so you may wish to have your normal dinner before coming into the hospital. A microwave in the kitchen is available to heat up any food that you bring in for your child. Breakfast is not provided but the Zouki Cafe will be open in the morning. Please note the Zouki Cafe closes at 6pm.

What to bring

Please bring your child's overnight clothing (preferably light pyjamas that open down the front or are loose around the neck; please avoid satin), toiletries, and any medication required. You may also bring your child's own pillow if preferred, and any favourite bedtime playthings or soft toys. Parents/caregivers wear comfortable loose clothing.

Head Lice

Please ensure that you check your child for head lice and nits prior to the sleep study and ensure that appropriate treatment is initiated prior to the study. Information about treatment can be obtained from your local pharmacy or local council.

What to expect overnight & the next day

Throughout the night, specially trained staff will monitor your child's sleep and breathing recordings and observe your child on a video and audio monitor. The staff ensure that the information collected is of good quality and is a good record of what your child is doing during sleep. Staff may need to enter the room during the night to re-attach sensors and electrodes.

Parents are required to care for their child as they would normally do at home. This includes bringing and giving any feeds or bottles required overnight. Please bring in any medications required and discuss with staff prior to commencement of the sleep study. Parents may be required to attend to their child during the night should they need extra reassurance to settle back into sleep.

If anyone needs to contact you during the study, they can telephone:

- **9928 6336 (Teddy Bear Sleep Services** - this phone number only accessed when a sleep study is being performed)
- **or 9928 6856 (Paediatric Ward).**

If there is no response please phone the Clinical Coordinator on 9928 6812.

Please note that mobile phone/pagers need to be switched off during the sleep study as they interfere with recordings.

Some children and their parents report that they do not sleep exactly as they would at home, due to the sensors and being in the hospital environment. However, almost always there is enough quality information obtained during the study for diagnosis and most children are able to continue with their normal activities the following day. There may be some mild reddening of the skin after the electrodes and sensors are removed, but this will disappear within 24 hours.

Discharge Time

The sleep study will be completed at 6.00am at which time your child and their caregiver are awakened by staff and sensors removed. You are then free to have a shower and dress.

It is necessary that the sleep unit is vacated by 7.00am at the latest.

Parking

The car park opposite St Vincents Private Hospital in Grey Street offers patient and visitor parking from 6am–10pm weekdays and 2pm–10pm on weekends (suitable for overnight sleep study patients). The current cost of this parking is \$30 for overnight parking (entering car park after 6:00pm). Metered parking is available in the surrounding streets.

Payments and Accounts

There is no additional doctor fee for your child's sleep study. Your health insurance fund will be billed directly. The only cost that you may encounter is the fee charged by the hospital for an overnight bed stay and that is dependent on your insurance policy with your health insurance fund.

If you wish to speak to your health insurance fund directly to find out if you have to pay anything for a hospital overnight bed stay, please refer to the following item numbers.

Item Number 12210 (children less than 12yrs)
Item Number 12213 (age 12 to 18 yrs)

If you have any questions regarding your hospital insurance cover, or if you have recently changed or upgraded it, please call the St Vincent's Private Hospital on **9928 6640** (Main Reception) and ask to speak to the Health Fund Team. Please have the details of your hospital insurance fund and policy ready.

General Enquiries and Results

Results will be sent to the referring Doctor within 2 weeks. Please note that while the rawdata from the sleep study is kept by Teddy Bear Sleep Services, the video and audio recordings of your child are deleted once the sleep study has been analysed and the report sent out.

Please contact the Office on **9805 4353** for any general enquiries about the sleep study.

Alternatively visit the web site
www.teddybearsleepservices.com.au