Your child's sleep study

What you need to do
Please check in at the admitting desk in the main lobby of Legacy Emanuel Medical Center. Then, please come to the sleep center. See the map for directions. Please do not arrive more than 15 minutes before your child's appointment.

If you need to cancel or reschedule
Please call **503-413-5240** at least 48 hours ahead of time.

Only one parent or guardian can stay with a child under age 18. Do not bring other children or pets to the sleep center.

About the sleep study
Why does your child need a sleep study?
To see if your child has sleep apnea or other sleep disorders

What is a diagnostic study?
The part of the test that documents sleep apnea or other sleep disorders. It is an overnight study that happens at the sleep disorders center. A parent or guardian is required to be at the study with any child under age 18. We will provide a bed or cot.

What is a treatment study?
A doctor will decide if your child needs a treatment study after the diagnostic study. This is where we treat sleep apnea with a Continuous Positive Airway Pressure (CPAP) machine. CPAP delivers air pressure into your child's airway through a nose mask. A technologist will adjust the amount of pressure while your child sleeps. This will stop any breathing problems or snoring.

What happens at the sleep study?
A sleep technologist will talk about the sleep study with you and answer any questions. Your child will wear sensors, which we will put on with tape and paste. After the sensors are all in place, you and your child may relax in your room until you are ready to go to sleep. After the study is done, we will take off the sensors and let you know what comes next.

What to bring:

- Up-to-date insurance info. Please let us know if your child's insurance changes before the sleep study. We do not verify insurance. If your child's insurance needs to authorize (approve) payment for the sleep study before the study, please do this with your doctor's office. If you have questions about insurance, please ask your doctor's office or insurance.
- Current medications
- Comfortable, loose-fitting clothes for sleep
- Toiletries
- Pillows or any bedding that might make your child more comfortable
- We have cable TV, some toys, DVDs, children's books and free Wi-Fi access. You may also bring DVDs, books and other quiet activities to fill time before the study.
- If your child needs special accommodations, please call us to discuss.

Instructions for the day of the sleep study:

- Do not let your child have caffeine after noon. (This includes caffeinated coffee, tea, soda or any foods that have caffeine.)
- Have your child take all regular medicines unless your child's doctor says not to.
- Do not let your child take extra naps.
- Have your child shower, and wash their hair and face.
- Do not let your child wear makeup and hair products.
- If your child is a teen boy, have him shave his face.
- If your child is going to have nap testing the next day, you will receive additional instructions.

If you have questions about the sleep study or your child has any special needs, please call **503-413-5241** and talk with a sleep technologist.

Randall Children's Hospital Sleep Center

2801 N. Gantenbein Ave., Suite 3231

Please check in at the admitting desk in the main lobby of Legacy Emanuel

Portland, OR 97227

Phone: 503-413-5240

Fax: 503-413-3621