



PATIENT: _____

STUDY DATE: _____

ARRIVAL TIME: _____

PEDIATRIC SLEEP LAB INSTRUCTIONS

A Polysomnography or Sleep Study has been ordered for your child. Please arrive at designated location between 7:30-8:00 pm. Please call to reschedule the study if your child has a fever or is ill on the day of the test.

What should we expect during the study?

During your child's stay, he or she will sleep in a hotel style room. One parent or primary caregiver should stay with child the entire study and will also have a bed available for sleep.

- Have your child arrive between 7:30-8:00pm to allow time for him or her to adapt to the room. We try very hard to honor you child's normal bedtime and wake time.
- The study is painless
- Sensors will be placed on your child to monitor:
 - ✓ Breathing
 - ✓ Brain Waves
 - ✓ Eye Movements
 - ✓ Muscle Tone
 - ✓ Body Positions
 - ✓ Blood Oxygen
- Your child's room will have a TV and DVD player, feel free to bring a favorite movie.
- Stuffed animals, blankets or special toys are also encouraged to help your child relax.
- Rooms DO NOT have private bath or showers
- Please bring bottles, wipes, formula or other items for infant children. There is a refrigerator located in the center.
- If your child is not potty-trained, please bring pull-ups or special sleepwear.
- We want this experience to be pleasant and relaxing for child, please call us at (980)213-2161, if you have any questions or concerns.
- You and your child may request a tour of one of our sleep labs in advance of the actual study.

How should I prepare my child for the night of the study?

1. Bathe your child before coming to the sleep lab. Avoid use of lotions and/or oils on the hair and body.
2. Do not allow your child to eat or drink caffeine after 12:00 noon on the day of the study. Caffeine may be found in chocolate, soft drinks, tea or coffee.
3. Give medicines as prescribed by your doctor. **If your child needs to take medicines while at the sleep lab, please bring with you. And, please inform lab tech any medicines you are giving your child.**
4. Avoid naps on day of sleep study.

5. Please have your child eat dinner before arriving at the Center. Small snacks are allowed but no caffeine.
6. Your child may sleep in whatever makes them comfortable. Do not wear or bring “footie” pajamas as they may block sensors. Please bring socks or slippers to wear when in the hallway or restrooms.

Preadmission Procedure:

A staff member will call you 72 hours before your child’s sleep study to confirm your appointment and answer any questions or concerns. This will also give you adequate time to cancel or reschedule.

Will my insurance cover the test?

A clinic staff member will call your insurance company to verify benefits prior to your child’s sleep study; however, feel free to contact your insurance company to verify benefits before you come. (Verification of benefits does not guarantee payment). Prior to scheduling your child’s study, we will inform you of your insurance plans coverage as well as any copayments or deductibles. **Copays and deductibles will be collected prior to your child’s sleep study.**

Most insurance companies cover sleep studies in their policies. Please use the following codes when calling your insurance company to verify benefits:

- CPT Code 95810 Polysomnography; Children 6 years old and greater
- CPT Code 95782 – Polysomnography; younger than 6 years, sleep staging with 4 or more additional parameters of sleep, attended by a technologist
- CPT Code 95783 – Polysomnography; younger than 6 years, sleep staging with 4 or more additional parameters of sleep, with initiation of continuous positive airway pressure therapy or bi-level ventilation, attended by a technologist

What if I have to cancel?

Please call us at least **48 hours in advance** if you cannot make your appointment. This advance notice helps us manage our schedule and properly staff each location. If you want to cancel your appointment, call the Sleep Center directly at (980)213-2161. Exceptions to canceling in less than 48 hours will only be made in emergency situations.

Sleep Lab Locations

SleepWell Diagnostics

8045 Providence Road, Suite 200, Charlotte, NC 28277

SleepWell Diagnostics

111 Commerce Centre Drive, Suite 304, Huntersville, NC 28078

SleepWell Diagnostics

1010 X-Ray Drive, Gastonia, NC 28054