

**SLEEP MEDICINE DEPARTMENT**  
**UNIVERSITY OF NEW SOUTH WALES**  
**Faculty of Medicine & Health**



Ward B7North, Level 7, Bilima Building  
Sydney Children's Hospital, RANDWICK 2031  
Sleep Unit Tel: (02) 93821210  
Hospital Switchboard Tel: 93821111



Part of the Sydney Children's  
Hospitals Network

Dear Mr/Mrs.....

An overnight sleep study has been booked for.....on.....

On receiving this letter please confirm the booking by ringing **93821210** or 93821381 as soon as possible. Leave a message if the answering machine is on.

**WHERE TO GO:**

You are requested to be at the Admissions Desk located on Level 0 (High St. level) near the main entrance of the new Bilima Building before going to the Sleep Unit which is at the back of Ward B7North on Level 7, **at 2.30 pm**. *A new referral letter might be needed if more than 3 months has elapsed since the first appointment with your sleep doctor (for specialist referrals-GP referrals last 12 months).* Please ring before leaving home if you or your child is unwell.

**WHAT TO DO:**

1. Confirm the booking as above.
2. Notify us of any special dietary needs for your child as meals are ordered in advance.
3. **ONE parent or carer is required to remain with the child on arrival and to sleep overnight in the Unit with the child** (maximum two persons per room in total). **Hospital accommodation for more than one parent/ family member is extremely limited.** If more than one parent needs to spend the night please ring 93821622 or 93822096 to arrange accommodation as soon as possible.
4. Most sleep studies end by 7 am the next morning.
5. As you might not have slept well overnight, we would recommend that you arrange a lift home rather than drive yourself.

**WHAT TO BRING:**

- 1) Your child's Medicare Card.
- 2) Any special toy, blanket or other familiar object your child normally has at bedtime.
- 3) Your child's usual sleep clothes and toilet accessories, avoiding jumpsuits which cover the feet completely.
- 4) Any medications your child is receiving.

As this is a clinical as well as an academic Unit, the recorded material may be used for research and teaching purposes. Such material *would not* disclose the patient's identity in any way. *Attendance for the Sleep Study implies consent to the test.*

Please telephone the Unit if you have any questions regarding the study. Please read the information sheet over the page before the study. An appointment at the Sleep Clinic where your child was first seen is recommended about 2 weeks after the Sleep Study, for the results and recommendations. Results are not given over the phone. *Only a limited number of studies are done each week and sometimes your child's study may need to be postponed because of a more urgent demand for the study slot.* On the other hand, your child may be offered an earlier date if there is a cancellation. Your understanding of this need to prioritise is appreciated.

Thank you for your assistance.

ADMINISTRATION OFFICER  
Sleep Medicine Department

**SLEEP MEDICINE UNIT - Information for Parents**  
**SYDNEY CHILDREN'S HOSPITAL**

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**INFORMATION SHEET - WHAT IS AN OVERNIGHT SLEEP STUDY?**

A sleep study is a painless way of studying a normal period of sleep. With careful step by step explanation most children tolerate it very well as no needles are routinely used. Most monitoring is done with wires called electrodes placed on the skin. The environment in the Sleep Unit is designed to emulate that at home as closely as possible, although not surprising, the child might not sleep as well. A parent is requested to accompany the child and spend the night and to take an active part of his/ her care during the sleep study. Due to bed restrictions sometimes the sleep study will be performed on the ward with the child as an inpatient. The exact type of test will be at the discretion of the Sleep Physician/ Director.

The areas monitored may include:

1. ***Breathing in sleep:*** the effort, pattern and effectiveness of breathing, and the occurrence and types of apnoeas (pauses in breathing). Loose elastic belts are used on the chest and abdomen and tiny soft plastic prongs at the nostrils.
2. ***Sleep stage:*** a number of leads are placed on the scalp to measure brainwave patterns, which help differentiate between various sleep stages. *This step may be omitted in a simpler screening study.*
3. ***Oxygen +/- carbon dioxide:*** levels of these gases are measured through the skin and are important indicators of the effectiveness of respiration and the effect of apnoeas. They also help determine treatment.
4. ***Heart rate and muscle activity:*** these are measured by skin electrodes as well and are useful for helping stage sleep, and determining the effect of disturbances.
5. ***Other tests:*** depending on each case sometimes other measurements are needed, such as gastric acid in the gullet, which involves the insertion of a very fine plastic tube (pH probe) through the nose. Sometimes if the gases are very abnormal through the skin, a blood test in the morning may be necessary to confirm this. Most sleep studies will be recorded on video. No test will be done without your permission and consent.

**FOLLOW UP (IMPORTANT):** A Sleep Clinic Appointment should be made for two weeks after the Study to get the results (and usually some copies or photos of the actual study) and appropriate treatment recommendations. It is recommended that you ring the Sleep Clinic for the follow-up appointment ahead of time once the sleep study date is confirmed. No responsibility is taken for the conveyance of results and treatment recommendations if you do not arrange a follow-up appointment after the Sleep Study. The Sleep Unit does not make that Clinic appointment for you. If you are from outside the metropolitan area, an appointment with the doctor who referred you for the Sleep Study should be made.

**FOR FURTHER INFORMATION THE FOLLOWING CONTACT:**  
SLEEP UNIT: 02-93821210; HOSPITAL SWITCH: 93821111