

# EMERSON HOSPITAL– SLEEP TESTING CENTER INFORMATION



## Your child is scheduled for a sleep test at Emerson Hospital

Old Road to Nine Acre Corner  
Concord, MA 01742  
617.796.7766

**If you or your child has been exposed to anyone diagnosed with the Coronavirus or traveled outside of the US in the past 30 days and have developed a fever, a new cough or new shortness of breath in the past 24 hours, please contact us at 617-796-7766**

Your child's doctor has ordered a sleep study in order to monitor and measure many aspects of his or her sleep. A lack of sleep or interrupted sleep can disturb daily activities and influence overall health and development. A sleep study is not exactly like sleeping at home but we do our best to get the most data for your child's doctor. Do not worry if your child is awake more at the sleep lab than at home. Even a little bit of sleep can provide a lot of data. *Please remember that a parent or guardian must accompany their child throughout the sleep study. Contact your child's referring provider for test results.*

### PREREGISTRATION

Please pre-register for the study by calling 978.287.3062 Monday through Friday between 7:30am and 8pm. If you are unable to register by phone, please arrive 15 minutes early and have your insurance card and a photo ID. Patient registration is located at the front of the main hospital building.

### INSURANCE INFORMATION

Check directly with your insurance carrier regarding any out of pocket expenses related to your test. Your insurance may not pay for 100% of your sleep study. Even if we have obtained precertification, or your if the sleep study is determined to be "authorized" or "covered", you may still be responsible for paying your co-pay, any non-covered portions, and any deductible as determined by your insurance.

### WHAT TO BRING TO THE SLEEP TESTING CENTER:

- Comfortable clothing/pajamas & change of clothes for following day
- Small snacks (if necessary)
- Personal toiletry items (toothpaste, soap, etc.) if desired
- Anything that will make your child feel comfortable on the evening of your study (e.g. pillow, blanket book, tablet, stuffed animal, etc.). TVs are provided in each patient room.
- Medications that your child may need before bedtime, throughout the night and in the morning.

### WHAT TO EXPECT ON THE NIGHT OF TESTING:

You will meet one of our trained sleep technologists who will help you get settled in the room where you and your child will spend the night for the study.

The set-up takes approximately 45 minutes. During this time, your child may choose to sit on the bed or in a chair and independently or with you.

You must stay with your child all night in the sleep lab, but are never alone. You and your child will share a private room with a camera for the sleep technologist to monitor sleep positions. The sleep technologist may come into the room to adjust sensors throughout the night.

You will be woken up at 6am unless more testing is needed or an earlier wake-up time is requested.

It takes about 20 minutes to remove the sensors and tape using water and adhesive remover. A shower or bath at home will help remove any residual paste.

### DIRECTIONS TO SLEEP TESTING CENTER:

The entrance to the parking garage is located opposite the main entrance of the hospital. Park on Level 1 or above. There is no charge for parking. You will receive a parking voucher from the sleep technologist. Go in the main entrance of the hospital and check in at patient registration (if you have not preregistered). From the main entrance, go down the hall past the ATM and take a left at the elevators. Look for the North elevators. Take the A elevator to the 4th floor.

## HOW TO PREPARE

- Talk to your child about what to expect. Children do well when given developmentally appropriate preparation and information.
- Assure your child that nothing will hurt during the sleep study.
- Try playing with the enclosed nasal cannula. It can be fun for your child to try it on a stuffed animal or dolly first. The cannula rests inside the nostrils. It may feel “ticklish” or “annoying”. Try calling it a “tickly nose hose” and “honking” their nose if it feels funny verses pulling it out. Have your child practice wearing the cannula for short periods while awake and supervised, relaxing, reading a book, or watching TV.
- Your child’s skin and hair need to be clean and dry. Please do not apply any lotions, gels or oils.
- Eat dinner before coming.
- Please avoid caffeine in food or drink eight hours before your child’s sleep study (e.g. colas, chocolate, or coffee).



## HOW TO PUT ON THE NASAL CANNULA

1. Hold cannula in front of face.
2. Place the prongs gently in the nose.
3. Hook the tubing around the ears and secure under the neck. Done!