



Weill Cornell Center for Sleep Medicine
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Dear Parents,

Welcome to the Weill Cornell Center for Sleep Medicine. This form will give you more detailed information about how to prepare for your child's upcoming overnight sleep study. After reading it, please feel free to contact us should you have further questions or special requests.

Scheduling your child's overnight sleep study:

Please contact the Weill Cornell Center for Sleep Medicine at (646) 962-7378 to schedule your child's sleep study. The Center for Sleep Medicine may also be reached on-line at www.weillcornell.edu/sleepcenter

When calling, please inform the scheduling staff of your child's usual bedtime. We recommend scheduling your arrival at the center approximately 60 minutes prior to his/her bedtime.

You will be asked to do your best to minimize napping during the day of the study. This may help your child fall asleep more easily in the Center. Please inform the staff of any special requests you may have for your child or if you need special accommodations.

If your child takes medications on a regular basis, please speak with the physician who is ordering the sleep study to determine whether the medications should be continued, since some drugs may interfere with the quality of your child's sleep or make it more difficult for the Center of Sleep Medicine staff to interpret the results of the study. This is especially important if your child is using anti-reflux medications, sedatives, or stimulants. In case medications are to be continued, make sure to bring them for the overnight stay as we don't have medications in stock. If your child has asthma you should also bring along his/her medications including nebulizer, if they use it frequently at home. Please note that our technicians can not give any medications to your child and this will be your responsibility.

Confirming your child's sleep study:

Two days prior to your child's scheduled appointment, you will receive a call from the Center of Sleep Medicine, confirming the visit. If you do not receive this call or are away from home during this period, please call the sleep center 48 hours in advance to confirm your child's overnight sleep test.

If you usually require a referral for office visits or other outpatient studies, it is likely that you will also require one for the overnight sleep study. Please make sure this is done at least 3 days prior to the scheduled appointment. For more information about referrals and insurance coverage, please contact us at 646-962-7378, Monday through Friday from 8 am to 5 pm.



If your child is sick, develops fever, vomits, or is not feeling well, please call the Center for Sleep Medicine as the study will have to be postponed. If you are not sure what needs to be done, please contact your child's doctor or call us at 646-962-7378.

If you are unable to keep your appointment, please call (646) 962-7378 as soon as possible so we may offer your spot to another patient. You will be charged a cancellation fee of \$150 in case you fail to keep this appointment without giving a 48 hour notice.

What should you bring on the day of the study?

For the overnight sleep test, your child should wear comfortable loose fitting clothing. A front, button-down shirt or loose fitting night-shirt will be adequate.

You must bring all of your child's medications, formula, special foods and medical equipment for the overnight sleep study. The study will be performed outside the hospital and we do not have the hospital's resources or food available during the night. You will also need to bring food or plan on extra time to have dinner nearby prior to coming to this overnight appointment.

Feel free to also bring snacks and special treats as they can help your child during the set-up period and make the overnight stay seem more like a special occasion.

You may also bring your child's favorite book, stuffed animal, blanket, pillow or anything that may alleviate any fears. Our bedrooms are equipped with a DVD player, so feel free to bring his/her favorite movie. If you would like, the technicians can have it playing during the set-up and prior to bedtime.

On the day of the study:

Please arrive with your child at your scheduled appointment time. Our sleep center is located at 425 East 61st Street. You will come off the elevator on the 5th floor. A telephone will be located on the wall to your right with a "press me" button which you will press to inform the technicians of your arrival.

The sleep technicians will begin the set up for your child's sleep study by placing the equipment on your child prior to bedtime. Some of the equipment may also be placed after your child falls asleep. The study will end after 7 am, unless your child wakes up earlier and is ready to go home. Requests to end the study earlier because of work or school commitments can also be accommodated. Please make sure to inform the technicians if you need to have the study terminated at a specific time. It will take approximately 30 minutes to remove all the monitoring equipment from your child after the study is terminated. A private bathroom with shower is available for your use during the morning.



The sleep study monitoring equipment includes the following:

- A "bandage" like sensor that measures your child's oxygen, which is placed on the toe or finger;
- One or two small plastic prongs at the nose to measure your child's breathing;
- Two elastic belts placed around your child's chest and stomach, usually over his or her night clothes;
- A few stick-on electrodes to be placed in specific locations on your child's face and chest to measure eye movements, heart rate and muscle tone during sleep;
- A few additional electrodes to be placed on your child's scalp, applied with a washable paste, to monitor stages of sleep.

The set-up process mentioned above is painless but does involve a period of about an hour of cooperation on the part of your child. To best prepare your child, keep napping to a minimum on the day of the study and reinforce that this will not be a painful procedure.

Your child will sleep on a bed with full length side rails or a crib, depending on his or her age. We encourage you to bring any toys, stuffed animals or other items that will help your child feel more at ease and comfortable.

During your stay at the center, no meals are provided, so please plan accordingly. We offer a lounge area with a refrigerator and microwave in case you need to store or prepare food. Please feel free to bring food from home.

For this study, we request that a parent or legal guardian be with the child at all times. This will help your child feel more comfortable and make this experience more pleasant. If both parents need to stay overnight, we ask you please to let us know 48 hours in advance. Our rooms are equipped with convertible beds and recliners and we would do our best to accommodate two adults sleeping in the same room as the child.

The results of the study will be made available to the doctor requesting this study. Please make sure you have a follow-up visit scheduled with the doctor to review the study results.

For any other questions or concerns, please contact us at 646-962-7378.

Thank you for the opportunity to participate in your child's care.

