

THE HASBRO HOSPITAL PEDIATRIC SLEEP DISORDERS CLINIC

**Located at:
The Coro Center (West Building)
1 Hoppin Street
Third Floor- Suite# 304-A
(401) 444-1614**

**SLEEP DISORDERS CENTER
70 Catamore Boulevard
East Providence, RI 02914
Central Office # (401) 431-5420**

Information Regarding Your Child's Overnight Sleep Study

Once your child is scheduled for his/her Sleep Study, the Sleep Center office will be mailing to your home an Information Packet, which will contain your child's Sleep study date and follow-up appointment with Dr. Judith Owens. It will also include information about the overnight Sleep study and directions to the Sleep Center. The Sleep Center secretary will also be calling you 2-3 days prior to the scheduled Sleep Study to confirm with your child's appointment and answer any questions you may have at that time.

You and your child will be arriving at the Sleep Center at 8:00 pm in the evening, unless otherwise instructed by Dr. Owens or the Sleep Center.

Upon arrival, a trained Sleep technologist will tape small sensors to your child's scalp and face. These sensors will record brain waves, eye movements, and chin muscle activity, allowing us to objectively measure your child's sleep.

During the night, your child's breathing patterns will be recorded by elastic belts around his/her chest and stomach with a small temperature sensor taped below the nose. A small light probe is placed on their fingertip. This measures the oxygen level in the blood.

Two small sensors are taped on your child's ribcage to record heart rate.

To record leg muscle activity, several small sensors will be taped on muscle areas near your child's shinbones.

The Sleep technologist will record you child's sleep positions (i.e., sleeping on his/her back, stomach, or side) and nocturnal activity throughout the night with the aid of an infra-red video system.

Your child will sleep in a private bedroom during the Sleep study. Only one parent is allowed to stay overnight with his/her child. There are no needles used during this procedure. During the entire night, a trained Sleep technologist will be available and will be monitoring your child, using an intercom system. After waking up your child at approximately 5:30 AM, the technologist will remove the sensors (approximately 15 minutes) and you and your child will be free to leave.

Dr. Owens will review your child's Sleep study report with you and your child at the time of your scheduled follow-up appointment.