



Sleep Disorders Center 904.202.1632

Your sleep study will be preformed at:

Baptist Medical Center Jacksonville
Wolfson Children's Sleep Disorders Center
Medical Pavilion, 7th Floor
836 Prudential Drive
Jacksonville, FL 32207
904.202.1632 Main line
904.202.1587 Backline from 8 pm – 6 am

Patient Instructions for Pediatric Overnight Sleep Study

_____ is scheduled for a sleep evaluation (polysomnography) on _____ (date) at _____ p.m. Your child's sleep study will be performed at the location indicated above. Please refer to the back of this sheet or the attached page for detailed directions to the Sleep Disorders Center.

- Your child is scheduled for an overnight evaluation only that will end at approximately 6:30 a.m. the following day.
- Your child is scheduled for an overnight evaluation **AND** nap studies the following day so please be prepared to stay until 4:30 p.m. Breakfast and lunch will be provided for you and your child during the day test. If you are scheduled for a day (MSLT) sleep study, please be advised that you will be required to change into street clothing for the day portion of your sleep study.

What to Expect

- Several small "sensors" will be placed on your child's scalp, face, chest, abdomen and legs. The purpose of these sensors is to monitor brain wave activity, eye movements, muscle activity, heart rate and respirations.
- **A parent or guardian *must* be present during testing.** The rooms are furnished with recliners, and the Sleep Disorders Center will provide pillows and blankets.
- It is important that you and your child arrive on time for your evaluation. We require at least **24 hours notice of cancellation.** If your child is unable to keep his/her appointment, please call immediately.
- Baptist Health facilities are smoke- and tobacco-free. If needed, please make arrangements for nicotine replacement during your stay with us.



What to Eat

- Your child may not have any **caffeine** (coffee, tea, chocolate or caffeinated soft drinks) after 12 noon the day of the sleep study. These products can affect the validity of the test.
- You and your child should eat your evening meal prior to arriving. Evening meals are not provided at the Sleep Center.
- If your child requires food during the night such as juice, formula or any other food, please bring them with you.

What to Wear and How to Prepare

- For your child's comfort and convenience, we recommend bringing loose-fitting two-piece pajamas or a loose-fitting T-shirt and a pair of loose, elastic waistband shorts (diaper and T-shirt for infants).
- Please bathe your child and shampoo his/her hair prior to coming to the lab since sensors will be placed on the skin and scalp. **DO NOT** use hair sprays or oils.
- If your child has difficulty going to sleep at night (bedtime), then your child should **NOT** nap the day of the test.

A Note About Medication

- Have your child take all routine medications as prescribed by his/her doctor prior to arriving to the sleep center. If a sleep aid has been prescribed by the physician, please bring it with you and take before entering the Sleep Center.
- Please bring a list of medications with you to the Sleep Center.

What to Bring

- Your child's insurance card(s)
- All personal items that you and your child may require (diapers, toothbrush, toothpaste, etc.) as the Sleep Center does not have these available
- Pillow and blankets are provided, however you may bring your own for your child's comfort
- Food and drink, if needed, as referenced above under **What to Eat**
- Comfortable sleep attire as described above under **What to Wear** and **How to Prepare**
- Routine medications as described above under **A Note About Medication**
- If your child is currently on CPAP/BiPAP, please bring the mask and headgear. **DO NOT BRING THE MACHINE.**

Following Your Child's Sleep Study

- The results of your child's sleep study will be forwarded to his/her physician within 10 business days from the date of the study. This amount of time is necessary for scoring, physician review and interpretation and report processing.

If you have questions, please call the **Sleep Disorders Center at 904.202.1632.** Thank you.

Directions to Baptist Medical Center Jacksonville

Visit baptistjax.com for Google map directions to our location.

Baptist Medical Center Jacksonville

Baptist Medical Pavilion, 7th Floor
836 Prudential Drive
Jacksonville, FL 32207

- Enter the Baptist Medical Pavilion from P2 Parking Garage.
- Check in at the Pavilion Registration desk on the 1st floor.
- Take Pavilion elevators B to the 7th floor.
- Use the intercom to notify the technician that you have arrived.

