



Sparrow Sleep Center

St. Lawrence Campus
1210 W Saginaw
3rd Floor, South Wing
Lansing, MI 48915
Phone: 517.364.6310

Pediatric Patient Instructions

Your physician has requested that your child undergo a sleep study. You do not need to go to admitting to get papers for this test. Pre-registration will call you 3-4 days before the sleep test to complete the insurance information required, or you can pre-register online at www.sparrow.org/noticehome.asp.

The Sleep Center is located in the westernmost building of the St. Lawrence campus. The patient parking lot can be accessed from Oakland or Saginaw Street. Follow the signs for Hospice and Surgery. Enter the building at the main entrance on the west side. The doors are locked after 8:00 p.m. If you will be arriving after 8:00 p.m., use the intercom at the entrance to speak with someone who will electronically unlock the door. You will find the elevators straight ahead and will need to take them to the third floor. There will be sign to lead you to the Sleep Center, which is in the South wing.

You will be scheduled to arrive at the sleep center 1-2 hours before your child's normal bedtime. Upon arrival, you will be greeted by one of our technologists and be shown to your room for the night. Each room has a private bathroom. Television is available. The technologists will prepare your child for a sleep study by attaching a number of small monitoring devices. **One parent must stay in the same room during the testing.** The following suggestions may answer questions you have:

- For older children, restrict naps the day of the scheduled sleep study. For infants and younger children, maintain normal sleep schedules, including naps.
- For children taking medications, continue as prescribed unless instructed by your physician to stop use before the study. You will be responsible for giving any medications to your child.
- Bring loose fitting and comfortable sleepwear for your child.
- Bring any comfort items that will help your child feel at ease: blanket, stuffed animals, books, a favorite video, etc.
- Do NOT use oils, cream rinses, styling gels or lotions on your child's hair, face or body.
- Many patients prefer to bring their own pillow.
- Bring your own toiletries that you might need to prepare for the day; washcloths and towels will be provided.
- A refrigerator is available for formula and juice.
- Your child will need to be in bed a minimum of six hours to ensure accurate and complete testing.
- Please bring your insurance card and driver's license or state I.D. card.
- At the end of the study, there will be some paste on your child's scalp that comes out with shampoo.

