

Akron Children's Hospital Sleep Center

PATIENT INSTRUCTIONS FOR A POLYSOMNOGRAM (PSG/SLEEP STUDY)

Parking Instructions and Directions

All patients will go to Admitting on the 3rd floor before going to the Sleep Lab. Park in the Bowery Street parking deck P1 (199 West Bowery Street, Akron OH 44308) and enter the building on level 3. Cross the bridge to the Main Hospital, pass the yellow elevators and turn right. Admitting will be on the right. If you are being dropped off, you can enter the Main Hospital (1 Perkins Square, Akron OH 44308) through the revolving doors. Take the escalator (pass the ball machine and turn right) or yellow elevators (turn left off elevators than right) to Admitting on the right. Information Desks are available until 9:00 p.m. to assist you. (If you arrive after 9:00 p.m., the doors to the bridge lock. You will need to call Security at ext. 38181 for them to let you in.)

What to do at home before the sleep study

- Complete the 2 week sleep log and patient questionnaire (bring to sleep study).
- Keep normal sleep routines including naps (infants and toddlers).
- No food or drinks containing caffeine 24 hours before sleep testing (coffee, tea, chocolate).
- Eat your dinner before coming to the sleep lab.
- Bathe and cleanse hair without using conditioner.
- Do not use lotion, oils, hairspray, gel or makeup.
- No braids or ponytails are allowed.

What to bring to the sleep lab

- Bring any breathing aids (cpap/ bipap, mask, vent/trach supplies).
- Bring or wear 2 piece comfortable pajamas. (No one piece pajamas or onesies)
- Bring all bedtime medications and necessary supplies.
- Bring a light snack and caffeine free drink.
- Bring favorite blanket, pillow, or toy.

Sleep study rules

- Only ONE parent or legal guardian is allowed to stay in the patient room. It is required to stay the entire night and you are not allowed to leave the sleep lab for any reason during testing.
- No siblings are allowed.
- No cell phone use will be allowed in sleep testing room.

After sleep study

- Unless your child is scheduled for daytime testing you will be discharged from the sleep lab between 5:30-6:30 am and it will be necessary to leave the patient room at that time.
- A report will be sent to the ordering physician within 10 business days for sleep study results.

If you have questions before the sleep study or need to cancel testing, please call our office at (330)543-8885 or toll free 1-800-262-0333 Ext# 38885. You can also visit us on the web at

www.akronchildrens.org/sleepcenter