



4650 W. Sunset Blvd. LA, Ca 90027

Ph# (323) 361-2287

Your child has been scheduled for an overnight sleep study. Please pay close attention to the instructions below. Failing to do so may result in a cancellation of your appointment.

Overnight Sleep Study: (test time 8-10 hours)

**\*If your child is sick the day before or day of test please call us immediately to reschedule.**

- Check-in at the admitting department (located on the 1<sup>st</sup> floor in the main lobby) at 9:00pm. The technician will escort you to the sleep laboratory. Only one parent/guardian is allowed and he/she must stay with the child during the entire test.
- The test will be over at approximately 5:00am
- The child may have regular meals, usual medication, and therapies during the day.
- If your child uses a ventilator, oxygen, suctioning equipment, apnea monitor etc..., please bring it to your appointment.
- Do not allow your child to nap on the day of the study
- Make sure that your child does not wear hairpins, gels, or lotions in their hair.
- Child may bring comfort items such as pajamas, favorite pillow, etc...
- Call the lab 2 days in advance to confirm your appointment. If new to CHLA please also call to pre-register (800) 877-2452.

**Appointment Date:** \_\_\_\_\_ **Time:** 9pm

\*We will forward your child's sleep study results to the referring physician.

If you have any questions please call us at 323-361-2287 Monday through Friday 7:30am - 4:30pm.