

Virginia Mason Sleep Disorders Center

Pediatric Sleep Program – Information for Parents

Your physician has recommended an in-lab sleep test for your child. We would like to make this as pleasant an experience as possible. The experience for your child works best if you treat the night as a fun experience away from home. Please bring any familiar items that will make your child feel more comfortable. This would include things like blankets, games, books, stuffed animals, snacks or treats.

We ask that if your child is younger than 12 that you plan on spending the night with them. We will have an extra bed in the room to accommodate one parent. Because your child will have a lot of wires and sensors attached to them we ask that you do not sleep in the same bed.

If your child is 12 to 15 years old we would *prefer* that you stay overnight but we leave the decision up to you. If you have any concerns about the test or whether your child will be comfortable, please stay the night. It will make the test and the results easier to evaluate and allow for proper diagnosis. We will have an extra bed to accommodate one parent. If you feel like your child would prefer to sleep without parental supervision, please plan on checking in with them to sign admission paperwork. We ask that you stay at least until your child is hooked-up to the sensors (about 9 p.m.).

If your child is 16 to 18 years old they may stay by themselves, but the decision is up to you. Until your child's 18th birthday, you must accompany them to the Sleep Center and check in with them to sign admission paperwork.

Special situations where we ask that you plan on staying overnight with your child:

- 1) History of seizures
- 2) Evaluation of nightmares, night terrors, confusional arousals or sleep walking
- 3) Movement disorders during sleep
- 4) Developmentally delayed children

If the parent staying overnight has a history of disruptive snoring, we may ask if the parent would be willing to sleep in a nearby room. If the parent staying overnight uses a CPAP, please bring it with you to use while with your child.

If your child is taking medication please plan on continuing the medication unless your child's sleep provider recommends otherwise. If your child needs to take medication while at the Sleep Center, please bring the medication when your child comes in for the test.