

Your child has been referred to the **UBMD Pediatrics Sleep Center** to have a sleep study performed at the **UBMD Pediatric Sleep Lab at John R. Oishei Children's Hospital**.

This sleep testing location is on the 2<sup>nd</sup> floor of the hospital. The sleep lab rooms are used as surgical holding beds during the day. They are just like hospital room, bring something that will make your child comfortable and make the room less hospital-like!

A **sleep study** is an overnight test that looks for problems that can occur during sleep. It uses a special computer with many stickers to measure:

- Brain activity, breathing, heart rate, body movements, oxygen and CO<sub>2</sub> levels.
- Video cameras also look for things like seizures or night terrors.

Any child under 18 years of age **must have** an adult with them at all times in the sleep lab. There will be a bed for the adult to sleep in the same room as the child. There is only room for 1 adult in each testing bedroom.

***Steps in getting the study scheduled:***

1. The sleep study order is faxed to UBMD Pediatrics Sleep Center, 716-323-0296, by your doctor or a provider in the sleep clinic.
2. UBMD Pediatrics Sleep Center will process the order and send it to your child's insurance company for a *prior authorization*.
3. You will get a phone call from UBMD Pediatrics Sleep Center (716-323-0370) within **72 hours** of us receiving the order. Let us know on that call if you want to be on the cancellation list.

(Please email [sleep@upa.chob.edu](mailto:sleep@upa.chob.edu) or call us **if you do not hear from us**.)

There could be an error in fax transmission and we may not know!

4. Once you get that call, you're on the waitlist. We do not provide you a specific date/time for the sleep study more than 1-2 months ahead of time so you may not get another call to set up the sleep study appointment for several months.

***The night of the study:***

- Scan this QR code to watch a video about what the sleep study will be like:
- The two appointment times are: **7pm** or **8pm**.
- Arrive to the EMERGENCY ROOM entrance of John R. Oishei Hospital at your appointment time and walk up to the Security



## SLEEP CENTER

Desk. Tell them you are there for a sleep study and they will call our sleep team to come get you.

- The sleep study set-up will take about 30-45 minutes.
- Then you and your child will spend the entire night in the lab. There is a sink in the room and a bathroom available if needed.
- When the study is over, you will be woken up at **4:45am** to get all of the stickers off and will be ready to go home by **5am**.

### ***After the sleep study:***

The sleep study will take **7-10 days** to be processed and read by our Sleep Medicine physicians.

### ***Who to call to get the results:***

If you were seen in the **UBMD Pediatric Sleep Center** before the study, we will call you once the study is complete to schedule a clinic visit to go over the results.

- Contact us at 716-323-0370 or [sleep@upa.chob.edu](mailto:sleep@upa.chob.edu) with questions.

If you were referred by another provider, we will fax the results to them as soon as they are ready for that provider to review with you.

- Please contact their office directly for the results.

If you have any question about the sleep study, clinic visit, treatment plan, results, scheduling



or insurance, contact us:

**716-323-0370**

[sleep@upa.chob.edu](mailto:sleep@upa.chob.edu)

[ubmdpeditrics.com](http://ubmdpeditrics.com)

**Every Sleep Study appointment is precious!**

**If you cannot make it to your sleep study appointment for ANY reason.  
CONTACT US AS EARLY AS POSSIBLE.**