

What Is a Sleep Lab?

A sleep laboratory is a place where we will do some tests to see how you sleep. You and your parents/guardians will meet and talk with a sleep doctor before you come in for a sleep study. You and the doctor will talk about any problems you are having while you sleep and he/she will make a plan about how to check for these problems. The doctor will answer any of your questions.

What Does a Sleep Lab Do?

During a full sleep study, the sleep lab staff will monitor your brain wave activity, leg muscle activity, chin muscle tone, eye muscle movement, heart function, breathing patterns and blood oxygen saturation. All monitoring is done by attaching small metal discs, called electrodes, onto the surface of your skin, like in the following picture. The test does not hurt.

What do I need to bring?

- Your pyjamas
- Food (we can provide you with a fridge and microwave)
- Medications (if you are taking any)



The overnight polysomnogram (PSG) sleep study is used to help to find the cause of daytime sleepiness and to see if you have any sleep disorders, such as sleep apnea. You will be asked to come to the lab about 8:00 p.m. or approximately 1 hour before your normal bedtime. You will be shown your room and the technicians will attach electrodes to your head, face, chest, and legs. They will also put 2 belts on your chest and stomach to monitor your breathing, and a sensor under your nose to measure airflow.

When do I have to wake up?

You will be woken up at 7:00 a.m. However, in some cases depending on the doctor's request you will be allowed to wake up on your own time. This will allow us to better investigate your natural sleep-wake pattern.

What is a Daytime Sleep Study?

In some cases, you will have a daytime sleep study that day after an overnight study. The day study usually ends sometime between 3:30 p.m. and 5:30 p.m. there are two types of day studies:

- **Multiple Sleep Latency Test (MSLT):** you will have four or five 20-minute nap opportunities at two hourly intervals during the day to determine the severity of sleepiness and the onset of dream state during sleep.
- **Maintenance of Wakefulness Test (MWT):** you will be asked to sit in a darkened room and will be requested to stay awake for 20-minute periods. This will occur every two hours. There will be four tests throughout the day. The test measures your ability to remain awake and also your alertness.

What Happens After the Tests?

After your sleep study, the results will be analyzed and a written report will be sent to your referring physician. This process usually takes from 2 to 4 weeks. A follow-up appointment to discuss the results of the study with your doctor will be scheduled when the report is ready to discuss treatment options.



What Treatments Options Should I Expect?

- Brief counseling with the doctor
- Several therapy sessions with a psychologist
- Medication treatment (short term or long term)
- Change in diet or food supplement
- Use of a devise to help sleep better for example:
 - o A breathing machine
 - o A bright light treatment

REFERRAL FORM



Youthdale Child and Adolescent Sleep Centre
 227 Victoria Street, Lower Level 2
 Toronto, Ontario, M5B 1T8
 Phone: (416) 703-0505 Fax: (416) 703-0507

Patient Information:

Name: _____
 DOB: _____
 Contact Phone #: _____
 Age: _____ Male Female
 Height: _____ Weight: _____

Referring Dentist / Doctor:

Name: _____
 Address: _____
 Phone #: _____
 Fax #: _____

Reason for Referral: (Please Circle All Relevant)

Anatomical:

- Large tonsils
- Large adenoids

Nighttime Complaints:

- Insomnia
- Snoring, Breathing problems
- Sleep apnea
- Other: _____

Daytime Complaints:

- Difficulty waking up
- Excessive sleepiness
- Tiredness
- Irritability
- Hyperactivity
- Behavioral problems in school
- Other: _____

History and Medical Information:

Referring Dentist / Doctor Signature:

 Date: _____



SLEEP CLINIC PROCEDURES FOR KIDS



The Youthdale Child and Adolescent Sleep Centre

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