



## Center for Sleep Medicine

A Department of Berkeley Medical Center  
210 Viking Way  
Martinsburg, WV 25401  
Phone: 304-821-1460

Dear Parent,

Your child has been scheduled for a sleep study at our location. Please fill out this packet information as thorough as possible. It is important for the sleep specialist to have a complete diary.

Some things to remember and suggestions about your child's sleep study:

1. A parent/ legal guardian must stay with the child the entire time.
2. Phones and all electronic devices must be turned off once the tech is ready to begin your child's sleep study.
3. **Children must sleep alone in the bed.** Parents may lay with the child to soothe them prior to falling asleep but once asleep, we require parents to remove themselves from the bed. This is to ensure all sounds and movements are coming from the child and not the parent.
4. Your child may bring items to make them comfortable. A special blanket, pillow, stuffed animal. Make it fun! They can wear their pajamas into the lab. They are allowed to have a snack. You can do things like read a book color, etc. to make them comfortable. Caffeinated products must stop by 12 noon the day of their study.
5. Electrodes will be placed on your child's head, face, legs. They will have EKG pads and 2 respiratory belts. They will also have a "flow sensor" which helps record their breathing. This is located under their nose. EKG pads and pads that are used to keep their leg wires on are somewhat like stickers. It helps if you explain this to your child ahead of time.
6. **It is highly important that everything remains on your child throughout the entire study.** Otherwise, the study may not produce the results needed.
7. All rooms are private with a private bathroom. Most rooms have a recliner. Parents can sleep in this recliner. We have one room with a hospital bed and a queen bed. If you prefer to sleep in a bed, this room should be requested. We will do our best to accommodate you.
8. If your child is having a CPAP titration, we recommend coming in to pick up a mask during the day, to "practice" with your child wearing one.

You are welcome to call and schedule a time to bring your child to the sleep lab to tour a room. If you want to do so, call 304-821-1461 between 7am – 2pm. This may alleviate any anxiety.