



Children's Specialists of Florida, P.A.

Pediatric Sleep Studies

If Your Child Needs a Sleep Study

Children with sleep disorders may show, such as excitability, irritability, difficulty staying focused on tasks or school activities, and poor attention span. Children with upper airway restriction may not snore like adults; instead, they may have raspy breathing or sound congested while sleeping. In some cases, a child's symptoms of sleep disorder mirror symptoms often associated with attention deficit disorder/attention deficit-hyperactivity disorder (ADD/ADHD). Proper diagnosis is a necessary first step to assure that symptoms are treated properly.

Children's Specialists of Florida physicians performs sleep studies for children as well as adult patients. If the patient is a minor (under the age of 18), a parent or legal guardian must stay with the patient at the Sleep Center during the entire testing procedure. The parent/guardian stays with the patient in their room. A recliner or spare bed is available for the adult.

What to Bring:

- * Bring any special blanket, stuffed animal, pillow or other special item that your child usually sleeps with, or that will help your child feel "at home" in the Sleep Center.
- * Bring your child's favorite movie to watch during the electrode setup process.

This is very important!

- * If you usually read to your child at bedtime, please bring a book with you.
- * A favorite toy for your child to play with during the setup process.
- * Pajamas. (Do not bring one-piece "jumpsuit style" pajamas for your child.)
- * Socks, which help secure the oxygen sensor to the child's foot.
- * Any special food or drink.
- * Bottle or sippy cup, if your child uses one.
- * Diapers, training pants, pull-ups and wipes if your child is not fully potty-trained or has a history of bed-wetting.
- * Extra set of pajamas, in case of accident.
- * Toothbrush, toothpaste and other personal hygiene items.
- * An extra pillow and blanket for the adult.