



(02) 9195-6677 - Fax: (02) 9198-9511

frontdesk@thesleepcottage.com.au

2/83 Kareena Road - Miranda - NSW - 2228

www.thesleepcottage.com.au

## **PAEDIATRIC SLEEP STUDY INFORMATION**

### ***The morning of the study***

Full payment is required on the morning of the sleep study.  
Complete a Rapid Antigen Test (mandatory) for the parent/carer and child

### ***Arrival Time***

Please arrive at **5.30pm** on the evening of your child's sleep study. **ONE parent per child to attend.**

**\*Please note: street parking only\***

### ***In Preparation***

- Have your child ready for bed before arriving, e.g. shower/bath (please ensure to leave head/hair dry) & in Pyjamas.
- **Pyjamas for sleeping:** loose fitting pyjamas or a comfortable shirt and pants. For babies: A sleeping bag must have full zipper access. **\*Adults MUST wear pyjamas\***
- Eat dinner before arriving. Any snacks brought are to be allergen free. No nuts, no heated/hot food.
- Ensure toenails are polish free and trimmed. Please bring a pair of socks.
- **Continue any medications** that your child normally requires in the evening and before sleep.
- We have a kitchen with a fridge, tea & coffee facilities are available.
- Check out our website for photos and further information: [www.thesleepcottage.com.au](http://www.thesleepcottage.com.au)

### ***What to bring on the night***

- **A favourite toy or blanket** that your child would like to sleep with during their stay.
- **A pillow** if your child would feel more comfortable using their own. However, bedding is provided onsite.
- **Toiletries** e.g toothbrush/toothpaste
- **Books or games** to play with during the set up and until bedtime. If you wish to bring a device, Wi-Fi is available. Please ensure to bring headphones to minimise noise for other patients.

### ***What to expect on the night***

- Upon arrival, you will be shown to your private room. You will be staying in the same room as your child.
- Our friendly sleep technicians will set your child up for their sleep study by applying several leads to their head, face and body. The equipment takes up to 45 minutes to apply and does not hurt at all. The sleep technician will explain this procedure in more detail on the night. Visual and audio recording will commence.
- The recording of the sleep study will start after the setup is completed.

### ***Next morning***

- Your child will be woken up at **approximately 5:30-6am** the following morning and discharged shortly after.
- Late discharge is not available. The Sleep Cottage closes at 7:00am.

### ***Cancellation or Rescheduling***

**Minimum 72 hours notice** to cancel/reschedule for any reason. Contact us **ASAP** if your child is unwell/sick anytime.

### ***Contact Us***

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