

SLEEP MEDICINE UNIT
UNIVERSITY OF NEW SOUTH WALES
School of Women's & Children's Health

Ward 3N SCH 9382-1210
Liverpool 8798-9530
TCC 9369-5757
Randwick 9310-0606



SYDNEY
CHILDREN'S
HOSPITAL
R A N D W I C K

Dear Mr/Mrs.....

An overnight sleep study has been booked for.....on.....

On receiving this letter please confirm the booking by ringing **93821210** as soon as possible. Leave a message if the answering machine is on. Please confirm bed availability by ringing Admissions on **93821441** on the day of the study.

WHERE TO GO:

You are requested to be at the Admissions Desk located on Level 0 (High St. level) before going to the Sleep Unit which is at the back of Ward CH3 North on Level 3, or your allocated ward if your child is booked as an inpatient, **at 2.30 pm.**

WHAT TO DO:

1. Confirm the booking as above.
2. Notify us of any special dietary needs for your child as meals are ordered in advance.
3. **ONE parent or carer is required to remain with the child on arrival and to sleep overnight in the Unit with the child** (maximum two persons per room in total). **Hospital accommodation for more than one parent/ family member is only available to families who live outside the Sydney Metropolitan area.** Please ring Ronald McDonald House on 93821622.
4. Most sleep studies end by 7 am the next morning.

WHAT TO BRING:

- 1) Your child's Medicare Card.
- 2) Any special toy, blanket or other familiar object your child normally has at bedtime.
- 3) Your child's usual sleep clothes and toilet accessories, avoiding jumpsuits which cover the feet completely.
- 4) Any medications your child is receiving.

Please telephone the Unit if you have any questions regarding the study. An appointment at the Sleep Clinic where your child was first seen is recommended about 2 weeks after the Sleep Study, for the results and recommendations. Results are not given over the phone. *Only a limited number of studies are done each week and sometimes your child's study may need to be postponed because of a more urgent demand for the study slot.* On the other hand your child may be offered an earlier date if there is a cancellation. Your understanding of this need to prioritise is appreciated.

Thank you for your assistance.

Dr Gregory Blecher
Paediatric Sleep Physician