

Contact Us

Our Team



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Sleep Lab Coordinator

Scheduling

Call (801) 662-1788
8 a.m. to 5 p.m., Monday-Friday

After hours and weekends: (801) 662-1782

More information:
primarychildrens.org/sleeplab



These pictures show how your child may appear after he/she has been connected to the sleep study equipment.

Pediatric Sleep Disorders Center

OVERNIGHT SLEEP STUDY



Before the Sleep Study

What can I bring?

- Food items from home (if desired). No meals will be provided. Note that the cafeteria closes at 10 p.m.
- Personal items (comfort item, toothbrush, diapers, formula, etc.).
- Any medication your child takes.
- If your child is coming for a CPAP titration study, bring CPAP mask only. Do not bring your machine.
- If your child is coming in for a vent titration study, please bring ALL of your equipment.
- **A parent/guardian must stay overnight with the child to provide care and supplies. A separate bed will be provided in the child's room.**

Is there anything my child should NOT do?

- Eat or drink anything with caffeine or high sugar content (soda, chocolate, etc.) after 4 p.m.
- Use lotion, hair spray, or gel. Hair should be clean and dry.
- Take a nap (unless it is part of their usual routine).

Where do I go for my study?

- Park in the north parking terrace near the hospital's north entrance (main lobby).
- Check in at 8 p.m. at the north security desk, where a technician will greet and escort you to a Sleep Lab.
- If you are carrying equipment, consider using a vehicle unloading space just outside the north entrance.
- Please do not park on the south side of the hospital. The doors there will be locked.

During the Sleep Study

What can my child expect to happen on the night of the study?

A specially trained pediatric sleep technician will support your child throughout the night in being as relaxed and calm as possible.

- The technician will secure about 20 small round discs, called electrodes, to your child's head, legs, chest, and stomach. The electrodes record brain activity, eye movements, heart rate and rhythm, and leg movements.
- Two elastic belts are comfortably placed around the child's chest and stomach to record breathing effort.
- Small tubing is placed under your child's nose to record breathing.

Preparing your child for the study may take up to 45 minutes.

“Lights out” means the study will begin and it is time for the child to go to sleep. TVs and cell phones must be turned off at this time, and remain off during the study. Recording equipment and video monitors record your child's movements and activities while sleeping. The technician will be observing the recording from a nearby room and is available if questions or problems arise in the night.

The study usually ends between 6-6:30 a.m.

After the Sleep Study

What happens after my child's sleep study is complete?

Your child's sleep study results will be sent to the physician who ordered the study for your child. Please contact the ordering physician's office to make a follow-up appointment to review the results. Results may take up to three weeks after the study is performed. The physician can give your family a printed copy of the study upon request.

You may request a sleep consultation with one of our Pediatric Sleep Physicians or Physician Assistants by calling (801) 213-3599. Follow the prompts to connect with Pulmonology & Sleep Medicine.

Will the sleep study be covered by our insurance?

Please contact the physician who ordered your child's study to verify if your insurance requires a prior authorization. They will assist you in understanding this process. If your child is not insured, or if your insurance will not cover the study, you may apply for financial assistance. Contact the eligibility counselors at (801) 662-3846.

You will receive two separate bills: one from the hospital for the procedure, and one from the physician for the interpretation of the study.