

## WILL I BE ABLE TO STAY WITH MY CHILD FOR THE OVERNIGHT STUDY?

A bed is provided in the room with your child for one parent or guardian to stay all night. We want you both to be comfortable, and we will make all possible accommodations. For example, if your child has a special blanket, pillow, or stuffed animal, we encourage you to bring it for the sleep study.

## WHAT DOES AN OVERNIGHT SLEEP STUDY ENTAIL?

A sleep study (or polysomnogram) is an overnight recording of your child's sleep. It will assess sleep quality and breathing patterns through monitoring of brain wave activity, respirations, snoring, leg movements, heart rhythm, and oxygen levels. An infrared low light video camera in the room will record your child's behaviors in sleep. Recording electrodes are non-invasive and painlessly applied to your child's head and body, which can easily be detached during the night if he or she needs to get out of bed. Our sleep technologist will be monitoring your child throughout the night from just outside the room, and is immediately available if needed.

Patients arrive in early evening in order to comfortably adjust monitoring electrodes before your child's usual bedtime. After waking in the morning, recording equipment is removed in time to return to school and work. The sleep study results are promptly reviewed by one of our board certified sleep specialists as part of your child's comprehensive sleep medicine evaluation.

## CONTACT US

Capital Health Center for Sleep Medicine offers testing at two convenient locations in Trenton and Hamilton. If you have questions or you would like to schedule an appointment with one of our board certified sleep specialists, please call 609-584-5150 or visit [sleepatcapitalhealth.com](http://sleepatcapitalhealth.com).



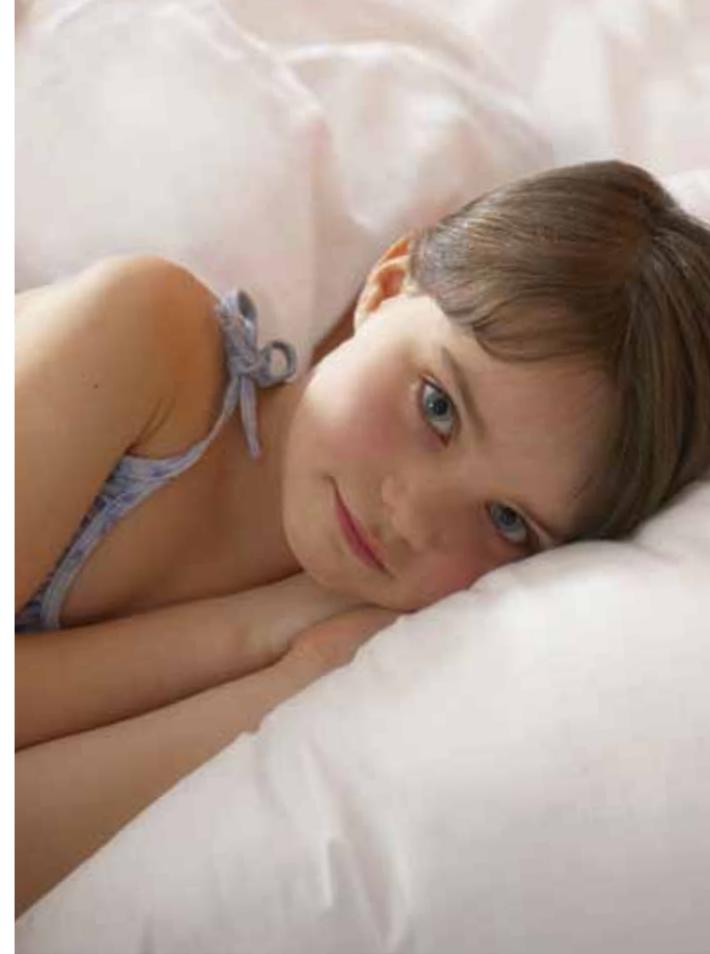
**capitahealth**

Minds Advancing Medicine

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## CAPITAL HEALTH CENTER FOR SLEEP MEDICINE

*Sleep Medicine for Children  
and Adolescents*



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Minds Advancing Medicine

FIND CAPITAL HEALTH ON



[sleepatcapitalhealth.com](http://sleepatcapitalhealth.com)

Sleep is essential for good health at all ages. Difficulties with sleep can occur at any age, but children with sleep problems rarely suffer alone — the whole family is typically affected. According to a poll by the National Sleep Foundation, more than two thirds of all children experience sleep difficulties at least a few nights per week, but fewer than half of them have brought these problems to the attention of their physicians.

At the Capital Health Center for Sleep Medicine, we have been providing comprehensive evaluation and treatment to children with sleep disorders for more than 25 years. Using the latest technology available, we provide testing and treatment for the entire range of sleep disorders in children — all in a comfortable setting that includes:

- 14 private sleeping rooms
- Individual bathroom and shower facilities
- Flat screen TV's with DVD players
- WiFi for wireless internet access
- Complimentary breakfast

Our board certified sleep specialists and registered polysomnographic technologists are trained to evaluate and treat children ages one year and older. Physician appointments are available Monday through Saturday (including evening hours), and overnight testing is performed six nights per week.



#### WHEN TO SEEK HELP

If your child's sleep problems limit you or your child's ability to consistently obtain the rest you need, it is time to consider a sleep medicine evaluation. Many different types of sleep disorders affect children of all ages, but they are treatable. Chronic sleep deprivation from obstructive sleep apnea can affect physical growth, learning, and behavior, sometimes mimicking learning disabilities and attention deficit disorder. Nighttime symptoms of sleep apnea in children or adolescents can include the following during sleep:

- Loud and frequent snoring or snorting
- Choking or gasping
- Pauses in breathing during sleep
- Sleep in abnormal postures
- Sweating and very restless movements in sleep
- Morning headache and crankiness
- Bedwetting that isn't outgrown

#### WHEN SHOULD MY CHILD AND I MEET WITH A SLEEP SPECIALIST?

A sleep history should be part of every child's regular medical check-up. If you or your primary care doctor is concerned about sleep problems that are not easily managed, it's time to consult a sleep specialist. The initial consultation will fully explore details of your child's sleep patterns, provide therapeutic recommendations, and arrange sleep testing if necessary.