

Sleep Lab Checklist

for Pediatric Patients and Parents/Guardians

Scheduled Sleep Study Date: _____

Patient: _____

- **Location:** **14040 Hospital Road
Boys Town, NE 68010**

This is the "middle door" of the three visible entrances,

- **Phone: 531-355-6895**
- Arrival time: 7:00 PM
- No siblings permitted; alternate care must be arranged prior to study date.
- For all children under age 19, a parent/guardian **must remain with the child for the entire sleep study.** If a sibling is also having a sleep study on the same night, two parents/guardians are preferred - one for each child.
- We will attempt to keep the usual bedtime for your child. Please bring all items needed for normal bedtime, including:
 - Pajamas (top and bottoms) - **no footy pajamas**
 - Toothbrush
 - Diapers/pullups if needed at night
 - Electronic devices - your sleep technologist will explain the need to turn off all devices at lights-out time.
 - Comfort items, such as a favorite stuffed animal or blanket
- Dinner is not provided. However, there is a limited onsite vending area available (debit/credit card only).
- No caffeine after 1:00 PM.
- No nap on the day of the study - if a nap is needed, please have it as early in the day as possible.
- Take medications as prescribed. If medications are needed in the evening, please bring them. Medications are not dispensed in the sleep lab.
- Please have your child bathe/shower on the day of the study. Hair must be clean and dry with no hair products.
- Boys Town National Research Hospital is a NO smoking/vaping facility. This includes the building and grounds.