

# Advocate Children's Sleep Network

1675 Dempster Street, Park Ridge, IL 60068  
9555 S. 52<sup>nd</sup> Ave, Oak Lawn, IL 60453  
1945 W. Wilson Ave, Chicago, IL 60640  
Phone: (847) 318-9330 Fax: (888) 275-8006



## REFERRING PROVIDER SLEEP STUDY CHECKLIST

We are looking forward to scheduling your patient's sleep study! Insurance providers now require very specific documentation in order to provide preauthorization for this procedure. Once we have this information we will be in touch to find the date and location most convenient for your patient.

- ☐ **ORDER:** Order for a sleep study from a physician
- ☐ **HMO REFERRAL:** Patients with HMO insurance require a referral in addition to the sleep study order. This needs to come from the ordering provider. Needs to read 'Sleep Study Testing' and is location specific [Advocate Sleep Center Yacktman: 1675 Dempster St, Park Ridge IL 60068 –or- Advocate Sleep Center – Palos: 12340 S. Harlem Avenue, Palos Heights, IL 60463]
- ☐ **INSURANCE CARD, ID, AND DEMOGRAPHIC INFORMATION:** Legible front and back copy of both insurance card, ID, and demographic sheet.
- ☐ **CLINICAL NOTES:** Most recent notes pertaining to the order of the sleep study. Notes must include reason for ordering the sleep study (e.g. snoring, apnea, etc.).

Thank you for the opportunity to serve your patient! Please let us know if we can be of any assistance as you collect these documents. Please contact us at the phone number above (847)-318-9330.

Sincerely yours,

The Advocate Children's Sleep Network Staff.

PLEASE FAX ALL DOCUMENTS TO (888) 275-8006

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## What to Expect

- Small sensors will be placed on your child's scalp, face, chest, abdomen and legs. The purpose of these sensors is to monitor brain wave activity, eye movements, muscle activity, heart rate and respiration.
- One parent or guardian *must* be present during testing. The child may not be left alone at any time. The rooms are furnished with recliners, and the Sleep Disorders Center will provide pillows and blankets.
- If you require assistance helping set up your child for the study we encourage you to bring an additional adult, however, only one adult can stay overnight.
- It is important that you and your child arrive on time for your evaluation. We require at least 24 hour notice of cancellation. If your child is unable to keep his/her appointment, please call immediately (847) 318-9330.

## What to Eat

- Your child may not have any **caffeine** (coffee, tea, chocolate or caffeinated soft drinks) after 12 noon the day of the sleep study. These products can affect the validity of the test.
- **You and your child should eat your evening meal prior to arriving.** Evening meals are not provided at the Sleep Center.
- If your child requires food during the night such as juice, formula or any other snacks, please bring them with you.

## What to Wear and How to Prepare

- For your child's comfort and convenience, we recommend bringing loose-fitting two-piece pajamas or a loose-fitting T-shirt and a pair of loose, elastic waistband shorts (diaper and T-shirt for infants).
- Please bathe your child and shampoo his/her hair prior to coming to the lab since sensors will be placed on the skin and scalp. **DO NOT** use hair sprays or oils.
- Your child should **NOT** nap the day of the test, unless your child is an infant or toddler.

## A Note about Medications

- Have your child take all routine medications as prescribed by his/her doctor. Notify the Sleep Disorders Center staff if your child's medications include stimulant medications, tranquilizers or pain pills.
- Bring any routine medications your child may require *during the night and/or first thing in the morning*. We **DO NOT** dispense medication. Please bring a list of medications with you to the Sleep Center.
- **If your child is having a daytime nap study** (multiple sleep latency test) they should not take any stimulant or wake promoting medications that morning. Please call the referring physician with any questions.

## What to Bring

- Your child's insurance card(s) and a photo ID for parent or guardian staying with patient
- All personal items that you and your child may require (diapers, toothbrush, toothpaste, etc.) as the Sleep Center does not have these available
- Pillow and blankets are provided, however you may bring your own for your child's comfort
- Food and drink, if needed, as referenced above under **What to Eat**
- Comfortable sleep attire as described above under **What to Wear and How to Prepare**
- Routine medications as described above under **A Note About Medication**
- Please bring all medical devices your child needs for the night. Please call the referring physician with any questions.
- If your child is currently on a CPAP or bilevel PAP machine, please bring the mask and headgear. Unless otherwise instructed by your physician, **DO NOT BRING THE MACHINE UNLESS INSTRUCTED TO DO SO BY THE SLEEP CENTER STAFF.**

## Following Your Child's Sleep Study

- The results of your child's sleep study will be forwarded to his/her physician 7-10 business days from the date of the study. This amount of time is necessary for scoring, physician review and interpretation, and report processing. For questions about the results of your study please call the ordering physician or follow up with them in clinic.