

## **What to Expect After a Sleep Study**

**What should I do for my child after the sleep test?** The leads and paste used to attach the leads in the sleep test are loosened with a special remover. The technologist will remove most of the paste and tape with water before you leave the laboratory. It is important that you bathe your child and wash your child's hair as soon as possible following the study to help prevent skin irritation. It is common for the child to have reddened areas on the skin from the tape removal and skin preparation. These reddened areas will usually go away within 1-2 days. Some children may be very sensitive to tape. If your child's skin does not heal or becomes more irritated, you should see your child's primary physician for treatment.

**When will my child's test results be ready?** The test results usually take 7-10 working days to be processed, interpreted by our sleep physician, and sent to your child's ordering physician.

**Who will discuss the test results with me?** You should discuss your child's test results and care with the physician's office that ordered the test. Some physicians' offices may discuss the test results with you over the telephone and some offices ask you to make an appointment to discuss the test results. If you have not heard from your child's doctor's office by 14 days following the test, you should call their office to ask about the results. If your child's physician's office has not received the sleep testing results, please call the Johns Hopkins All Children's Sleep Center and we will send duplicate results. You may request a copy of the results from your child's physician or Johns Hopkins All Children's Health Information Management (Medical Records). You must sign an Authorization to Release Medical Records form in order to obtain a copy from the hospital.

Thank you for choosing Johns Hopkins All Children's Sleep Center for your child's test.