

## Notice to attend for night-time sleep study

Prof Fauroux's non-invasive ventilation and sleep unit  
Tel : 01.44.49.48.61 - Fax : 01.44.49.47.90  
Email: nathalie.mandane@nck.aphp.fr or patricia.abenaqui@nck.aphp.fr

Child's name ..... is invited on ..... **at 3pm** in Prof Fauroux's unit on the 7th floor of the John Hamburger building, Gate H1, 149 rue de Sèvres, 7015 Paris.

### **IMPORTANT GENERAL INFORMATION – PLEASE READ**

- One of the parents must remain present through the whole night.
- A guest bed is provided for one parent only in the child's bedroom.
- A meal will not be provided for the accompanying parent.
- **It is essential to arrive on time**, any delay may compromise the ability to perform the test.
- Your child will be discharged the following day in the late morning. We ask that you be present in the department in the morning for your child's discharge. The results of the tests will be communicated to your doctor(s) and to you at a later date.
- **If, in the days leading up to the test, your child develops a fever, cold, chest infection, abdominal pain, diarrhoea or any other illness, it is essential to let us know on the phone numbers or emails below.**

### **DOCUMENTS**

- Remember to bring your child's health record, along with any medical documents relating to him that you have in your possession (particularly any previous sleep studies if there have been any), as well as any medical treatment.
- If your child has non-invasive ventilation, it is essential that you bring **ALL** of his equipment: ventilator, mask and harness and circuit.

### **CLOTHING**

- Your child must bring pyjamas (not a nightdress) or a baby-grow for infants, with either short or long sleeves but no straps to allow the sensors to be attached
- For babies, remember also to bring a pair of socks

### **PREPARING FOR THE SLEEP STUDY**

- Your child must arrive with clean, brushed hair, without plaits and without any product (gel, oil...)  
If the hair is short, it is preferable for it to be at least 2cm in length.
- No cream or oil on the skin
- No nail varnish
- Your child will not be able to have a shower in the evening, he will be able to do so in the morning once the sensors have been removed. Remember to bring some shampoo to wash his hair in the morning.

**PREPARING FOR A GOOD NIGHT**

- Remember to bring toys, games your child can play in bed, his favourite book... to help the afternoon and evening go by. Any favourite objects that will help him to have a good night are welcome (favourite teddy, dummy, quiet music...)

**As soon as you receive this notice, we ask that you write to either  
nathalie.mandane@nck.aphp.fr or patricia.abenaqui@nck.aphp.fr  
to confirm your child's attendance.**

**If we have not received your confirmation within the 3 working days prior to the appointment date, we reserve the right to use the appointment for another child.**

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