



# The Sleep Center *at* The Children's Hospital of Philadelphia®



**The sleep lab policy has been changed to allow some patients with straightforward medical conditions to proceed directly to the sleep lab, without being seen in the Sleep Clinic first. Please see below for details. The Sleep Clinic remains available to assess any sleep patients.**

## **PATIENTS WHO CAN BE REFERRED DIRECTLY TO THE SLEEP LAB**

\*\*\*Patients will not be scheduled without a TYPED clinic note and a requisition\*\*\*\*

- Otherwise healthy children with snoring and suspected obstructive sleep apnea due to adenotonsillar hypertrophy / obesity.
- Aged 2 – 18 years.

## **PATIENTS WHO MUST BE SEEN IN SLEEP CLINIC PRIOR TO A SLEEP STUDY**

- Patients < 2 years of age.
- Patients with complex medical conditions (e.g., muscular dystrophy, sickle cell disease, craniofacial anomalies, Down syndrome, patients on multiple psychotropic medications that can affect sleep). Patients with minor illnesses (e.g., asthma, ADHD) can go straight to the lab.
- Self-referrals by parents.
- Patients requiring a multiple sleep latency test (MSLT).
- Patients requiring oxygen/CPAP/BiPAP/ventilators (unless referred by pulmonary on the CPAP requisition).
- Patients requiring pH probes.

## **PROCEDURE FOR SCHEDULING A PATIENT**

- Call 4-3703 (215-590-3703) for a sleep lab appointment, and 4-3789 (215-590-3789) for a Sleep Clinic appointment.
- We require a requisition and a typed clinic note. Requisitions can be obtained by fax or email from the sleep lab (4-3703).
- We encourage families to take a tour of the lab prior to the study to familiarize the child with the lab. Tours can be scheduled by calling 4-3703. Tours can usually be done immediately for families visiting other CHOP clinics.

34<sup>th</sup> St. and Civic Center Blvd., Philadelphia, PA 19104 *Sleep Center: 5<sup>th</sup> floor, Wood Bldg. Sleep Lab: 2<sup>nd</sup> floor, Main*  
*Sleep Center: 267-426-5842 fax: 215-590-3500 Sleep Clinic appointments: 215-590-3749*  
*Sleep Lab appointments: 215-590-3703 fax: 215-590-2632*