



ARNOLD PALMER HOSPITAL
For Children

Supported by Arnold Palmer Medical Center Foundation

Arnold Palmer Hospital for Children
Pediatric Sleep Center

1118 South Orange Ave., Ste 102 • Orlando, Florida 32806 • 321.842.5430

After 6pm please call 321.841.4924

On the day or night of the study your child has been scheduled for a sleep study (also called polysomnogram) at the Arnold Palmer Pediatric Sleep Center located at 1118 South Orange Avenue, Suite 102. Please arrive 15 minutes prior to the sleep study.

Please wash your child's hair the day of the study. Do not use hair gels, sprays or conditioners. The set-up process is painless but does involve about an hour of cooperation on the part of your child. To best prepare your child, bring any toys, stuffed animals, movies or other items that will help your child feel more comfortable.

The sleep technicians will begin the set up for your child's sleep study by placing the equipment on your child a few hours before bedtime. This set up includes:

- A sensor that measures your child's oxygen will be placed on the toe or finger.
- Small plastic prongs at the nose will measure your child's air flow.
- Favorite movie. Each bedroom is equipped with a TV and DVD player.
- Cloth belts will be placed on your child's chest and stomach.
- Stick-on electrodes will be placed on your child's face and chest to measure eye movements, heart rate and muscle tone during sleep. Scalp electrodes are applied with paste. This paste washes off.

Plan on staying with your child

We request that a parent or legal guardian be with your child at all times. A reclining chair is available in each bedroom for the parent to sleep. Only one parent is allowed to stay the night due to limited space.

What to bring for your child on the day of the study?

- Comfortable loose fitting clothing. A front, button-down shirt or loose fitting night-shirt is fine.
- Snacks can help your child make the overnight stay seem more like a special occasion.
- Refrigerator will be available.
- Favorite stuffed animal, blanket, or pillow or anything that may alleviate any fears.
- Food- we allow time to have dinner before beginning the set-up. Avoid caffeine and sugar.
- Bring all of your child's [medications](#), formula, special foods and medical equipment.

What time will the study end?

Overnight sleep studies typically, the study ends by 6 a.m. Requests to end the study earlier because of work or school commitments can also be made. The report will be reviewed by our physician and the results and interpretation will be sent to your referring pediatrician.

Nap Studies typically take 4-6 hours and you want to make sure that your baby/child does not feed until you get to the facility right before they are laid down to take their first nap. Please also bring lunch items or snack items with you, there are menu's provided if you would like to order lunch in.

Confirmations and Cancellations

You will be called two business days prior to the study to confirm your appointment. **If we are unable to confirm your appointment two days prior, this will result in an automatic cancellation of study.** If your child develops a fever, vomiting or is not feeling well, the study should be postponed. If you are unable to keep your appointment, please call 321.842.5430 as soon as possible so we may offer your spot to another patient.

Referrals and pre-authorization

Please call your insurance to find out if this test is covered. You may also require a referral from your primary doctor. This will need to be done as soon as possible. It often takes 2-4 weeks to find out about coverage. For more information about referrals, please contact us at 321.842.5430 Monday through Friday between the hours of 8:00 a.m. and 4:00pm.

Cancellation Policy

We strive to offer our patient's appointments in a timely fashion and when patient's fail to show for their scheduled times, it is a missed opportunity to do so for another patient. If you need to cancel your child's appointment, please give adequate, 24 hour notice. Thank You.

Map and Directions

Arnold Palmer Hospital for Children Pediatric Sleep Center 1118 South Orange Ave, Suite 102, Orlando, FL 32806



From Daytona

Take I-4 West to Exit 82B at Anderson Street. Turn right on Anderson Street. Turn left at Division Street. Turn left at Gore Street. Turn right (south) on Orange Avenue. Turn right onto Columbia Street. Make your immediate first right into parking area at Arnold Palmer Hospital Pediatric Sleep Lab.

From Tampa

Take I-4 East to Exit 81BC at Kaley Street. Turn right on Kaley Street. Then turn left (north) on Orange Avenue. Turn left on Columbia Street. Make your immediate first right into parking area at Arnold Palmer Hospital Pediatric Sleep Lab.

From Gainesville

Take I-75 to Turnpike South, Exit 328 (toll road). Then take I-4 East. Go to Exit 81BC at Kaley Street. Turn right on Kaley Street. Turn left (north) on Orange Avenue. Turn left on Columbia Street. Make your immediate first right into parking area at Arnold Palmer Hospital Pediatric Sleep Lab.

From Jacksonville

Take I-4 West to Exit 82B at Anderson Street. Turn right on Anderson Street. Turn left at Division Street. Turn left at Gore Street. Turn right (south) on Orange Avenue and then turn right on Columbia Street. Make your immediate first right into parking area at Arnold Palmer Hospital Pediatric Sleep Lab.

From Melbourne

Take I-95 North to SR 528 Beachline West (toll road). Continue on the Beachline to McCoy Road/Sand Lake Road Exit 8. Take McCoy Road/Sand Lake Road west to Orange Avenue. Turn right on (north) Orange Avenue. Turn left on Columbia Street. Make your immediate first right into parking area at Arnold Palmer Hospital Pediatric Sleep Lab.