

Dim Light Melatonin Onset Test (DLMO)

DLMO is a test to measure melatonin levels and the body's sleep-wake cycle (i.e. biological clock). Please see the brochure on DLMO for detailed information about this test.

What Happens After the Tests:

After your sleep study, the results will be analyzed and a written report will be sent to your referring physician. This process usually takes from 2 to 4 weeks. A follow-up appointment to discuss the results of the study with your doctor will be scheduled when the report is ready to discuss treatment options.

What treatments options should you expect?

- Brief counseling with the doctor
- Several therapy sessions with a psychologist
- Medication treatment (short term or long term)
- Change in diet or food supplement
- Further testing
- Use of a device to help sleep better for example:
 - o A breathing machine
 - o A bright light treatment



REFERRAL FORM



Youthdale Child and Adolescent Sleep Centre
227 Victoria Street, Lower Level 2
Toronto, Ontario, M5B 1T8
Phone: (416) 703-0505 Fax: (416) 703-0507

Patient Information:

Name: _____
DOB: _____
Contact Phone #: _____
Age: _____ Male Female
Height: _____ Weight: _____

Referring Dentist / Doctor:

Name: _____
Address: _____
Phone #: _____
Fax #: _____

Reason for Referral: (Please Circle All Relevant)

Anatomical:

- Large tonsils
- Large adenoids

Nighttime Complaints:

- Insomnia
- Snoring, Breathing problems
- Sleep apnea
- Other: _____

Daytime Complaints:

- Difficulty waking up
- Excessive sleepiness
- Tiredness
- Irritability
- Hyperactivity
- Behavioral problems in school
- Other: _____

History and Medical Information:

Referring Dentist / Doctor Signature:

Date: _____



SLEEP CLINIC PROCEDURES

Youthdale
Child and
Adolescent
Sleep Centre

The Youthdale Child and
Adolescent Sleep Centre

227 Victoria St., Toronto, ON M5B 1T8

Tel: 416 707-0505

Fax: 416 703-0507

What Is a Sleep Lab?

A sleep laboratory is set up to investigate and treat sleep disorders. Sleep tests are usually preceded by a clinical evaluation which would include a medical history, may require a physician examination and possibly a sleep questionnaire. The information gathered will help to determine what kinds of tests we should carry out.

Did You Know?

All sleep consultations and studies are covered by OHIP providing a physician has referred you to the sleep lab.

What Does a Sleep Lab Do?

During a full sleep study, the staff will monitor your brain wave activity, leg muscle activity, chin muscle tone, eye muscle movement, heart function, breathing patterns and blood oxygen saturation. All monitoring is done attaching small metal discs called electrodes onto the surface of your skin. The testing is all non-invasive, which means we do not break the skin. There is no discomfort.

Things to bring:

- Comfortable cloths for sleeping.
- Food (we can provide you with fridge and microwave)
- Medications (if you are taking any)

Types of Studies:

- Overnight Sleep Study
- Multiple Sleep Latency Test (MSLT)
- Maintenance of Wakefulness Test (MWT)
- Dim Light Melatonin Onset Test (DLMO)

Overnight Sleep Study (Polysomnogram):

The overnight polysomnogram (PSG) is used for example to help pinpoint the cause of excessive daytime sleepiness and to diagnose some sleep disorders such as sleep apnea and periodic limb movements during sleep. In most cases, you will be asked to come to the lab about 8:00 p.m. or approximately 1 hour before your normal bedtime. Procedure:

- Sensors will be attached to your child's head and face with a water-soluble paste so that we can record brain activity during sleep.
- We can also monitor your child's breathing during sleep. This is done by placing elastic belts around the chest and abdomen to record respiratory effort and by placing sensor under the nose to measure airflow.
- Oxygen levels will be monitored by placing a red-lighted probe on the finger.
- Snoring is monitored with a microphone placed in the room.

Is It Morning Yet?

Your child will be awakened at 7:00 a.m. However, in some cases depending on the physician's request your child will be allowed to wake up on his/her own the following day. This will allow us to better investigate your child's natural sleep-wake pattern.

Daytime Sleep Study:

If a daytime study is to be performed it always follows after an overnight study. If you are staying for a day study, you will not be allowed any caffeine. If you get headaches because of caffeine withdrawal, discuss with your doctor. The day study usually ends sometime between 3:30 p.m. and 5:30 p.m. there are two types of day studies:

- **Multiple Sleep Latency Test (MSLT):** you will have four or five 20-minute nap opportunities at two hourly intervals during the day to determine the severity of sleepiness and the onset of dream state during sleep.
- **Maintenance of Wakefulness Test (MWT):** you will be asked to sit in a darkened room and will be requested to stay awake for 20-minute periods. This will occur every two hours. There will be four tests through out the day. The test measures your ability to remain awake and also your alertness.