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PREPARING A SLEEP VIDEO TAPE AT HOME

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Dear Parents:

Thank you for preparing this video study to help determine if your child has significant enlargement of the tonsils and adenoids which may cause blockage of a child's breathing passages while sleeping. This could lead to daytime symptoms such as learning or behavioral difficulties. In rare cases, problems like this can cause a strain on the heart or interfere with growth.

A sleep tape should be prepared during the deepest stages of sleep. Please pick an average night and the sleep tape should be made when your child is in the deeper stages of sleep. Please leave the light on and if possible pull up your child's nightgown or shirt so the chest can be visualized during the sleep tape. Please record four to five minutes of sleeping which may be worse in different positions. Please give several examples of different positions if you feel your child's sleeping improved or worsened by lying on the back or stomach. After the sleep tape is completed please bring the tape with the camcorder to the office for an office visit so we can view it together to discuss it.

Thank you for producing this sleep tape and I look forward to discussing the results of the study with you in the near future.

JEJ:dab

