**ABR INSTRUCTIONS FOR PARENTS**

* It is important that your child sleep for the ABR testing. The test will take approximately 2 hours.
* Try to wake your child up earlier than usual so that they will be sleepy for the test.
* If testing is near naptime, please delay the nap until you have been taken back for your appointment.
* While driving or traveling to our clinic, please do not allow your baby to sleep during the trip. Often, we see that an infant who sleeps on the way here then will not sleep for the test.
* Please bring any sleep aids such as pacifiers and special blankets.
* Please bring a nursing pillow or Boppy to the appointment.
* Delay feeding closest to the appointment time so that your child will nurse or take a bottle after you arrive at the clinic.
* If you arrive earlier than scheduled, please do not feed your baby until the actual appointment time.
* Please do not put any oils or lotion on the baby’s forehead or behind the ears leading up to the appointment.
* Due to the need for a quiet testing environment, please arrange proper childcare for any additional children. We will have to kindly ask you to reschedule the appointment if appropriate childcare is not available.