

My Sleep Study (Etid Somèy Mwen)



Se Pwogram pou Maladi Gwo Tèt (Down Syndrome Program) la ak Center for Pediatric Sleep Disorders a ki pwodui l



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Down Syndrome Program nan te devlope bwochi sa a pou ede prepare timoun ak jenn moun majè pou pwochen etid somèy yo. Espwa a se ke pi bon preparasyon anvan yo rive ap ede amelyore esperyans pou genyen yon etid somèy.



Nou te devlope yon istwa ke pitit gason ou a oswa pitit fi ou a ka li (oswa te li fò pou li) pou ede l prepare. Istwa a bay yon eklèsisman sou dewoulman yon nwit nan laboratwa somèy la atravè imaj ak deskripsyon li yo. Objektif nou se pou ede pitit ou a vin abitye ak pwosedi laboratwa somèy la, konsa nwit randevou a ap pi konfòtab posib.

Nou rekòmande pou ou kòmanse itilize istwa etid somèy la kat (4) a sis (6) semèn anvan randevou ki planifye a, avèk yon frekans k ap ogmante ofiramezi dat la ap apwoche. Nou rekòmande tou pou ou eseye simile kondisyon ak estimili (stimuli) pitit gason oswa pitit fi ou a pral rankontre. Nan paj ki vin aprè a se yon kalandriye nou sijere w.

4 a 6 semèn anvan:

- Li istwa a yon fwa pa semèn. Li l ansanm, oswa mande pitit ou a li l pou kont li.

2 a 3 semèn anvan:

- Li istwa a de (2) fwa pa semèn. Li l ansanm, oswa mande pitit ou a li l pou kont li.
- Itilize otokolan pou pratike pandan w ap plase elektwòd sou tèt ak kò.
- Pou timoun ki pi jèn, pratike pandan w ap mete otokolan sou yon pope (poupe) ki boure oswa yon machin jwèt.

1 semèn anvan:

- Li istwa a chak swa. Li l ansanm, oswa mande pitit ou a li l pou kont li.
- Itilize otokolan pou pratike pandan w ap plase elektwòd sou tèt ak kò.
- Li l ansanm, oswa mande pitit ou a li l pou kont li.

Kalandriye ki anlè a se jis yon egzanp sou kòman ou ka ede prepare pitit ou a pou etid somèy li. Alafen, sa k ap pi enpòtan se ede pitit gason ou oswa pitit fi ou a santi li abitye ak pwosedi a. Konsa, lè lè a rive, li p ap etranj oswa enkonfòtab konsa.

Si ou gen kesyon oswa enkyetid, tanpri rele Down Syndrome Program nan nan 857-213-4329

Bòn chans epi nou pa ka tann pou nou wè ou byento!

—Estaf Down Syndrome Program nan



Map river near Boston Children's Hospital



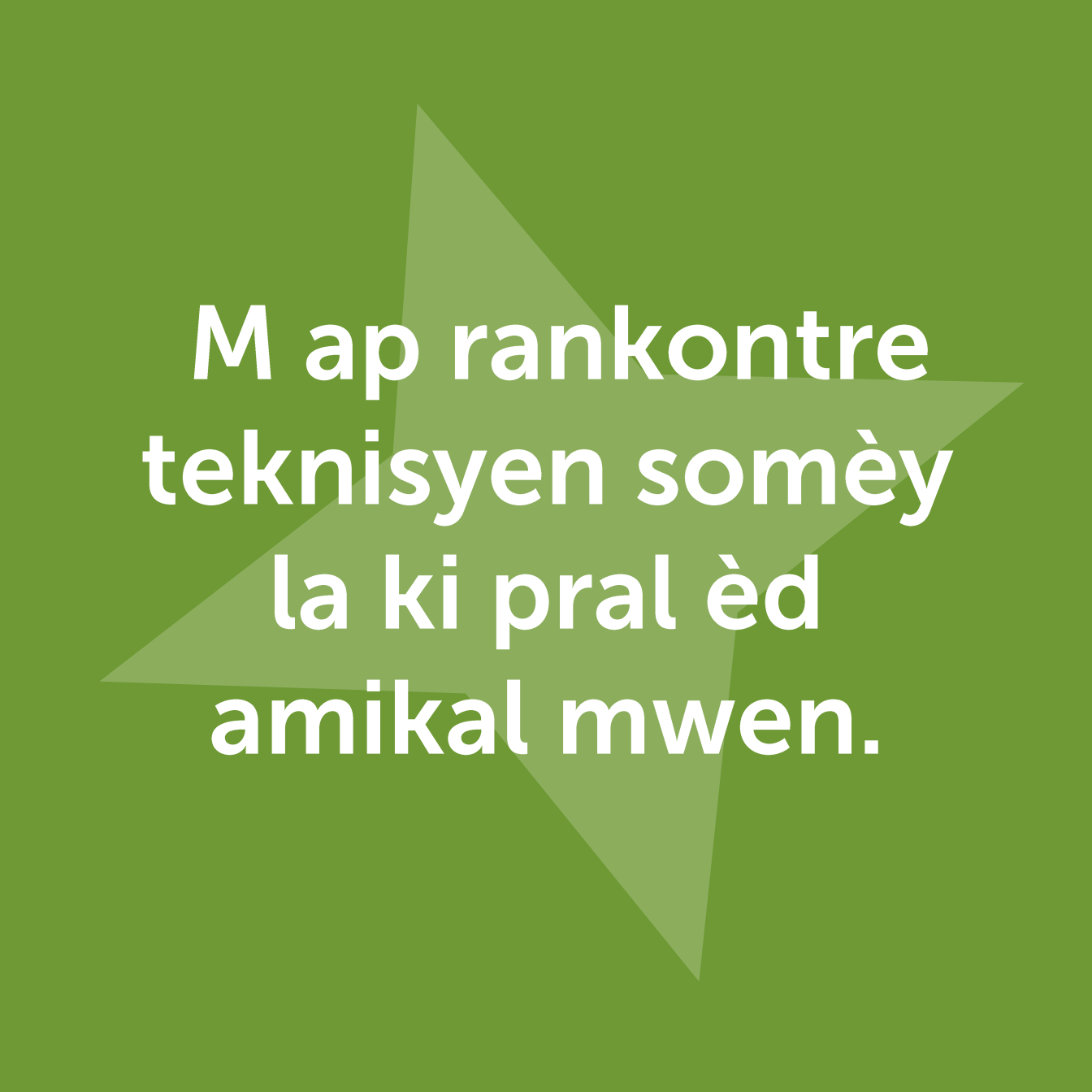
Boston Children's Hospital

Until every child is wellSM



**M ap pran
asansè pou ale
nan 9èm etaj.**





**M ap rankontre
teknisyen somèy
la ki pral èd
amikal mwen.**





**Èd amikal mwen
an ap montre m
chanm mwen.**

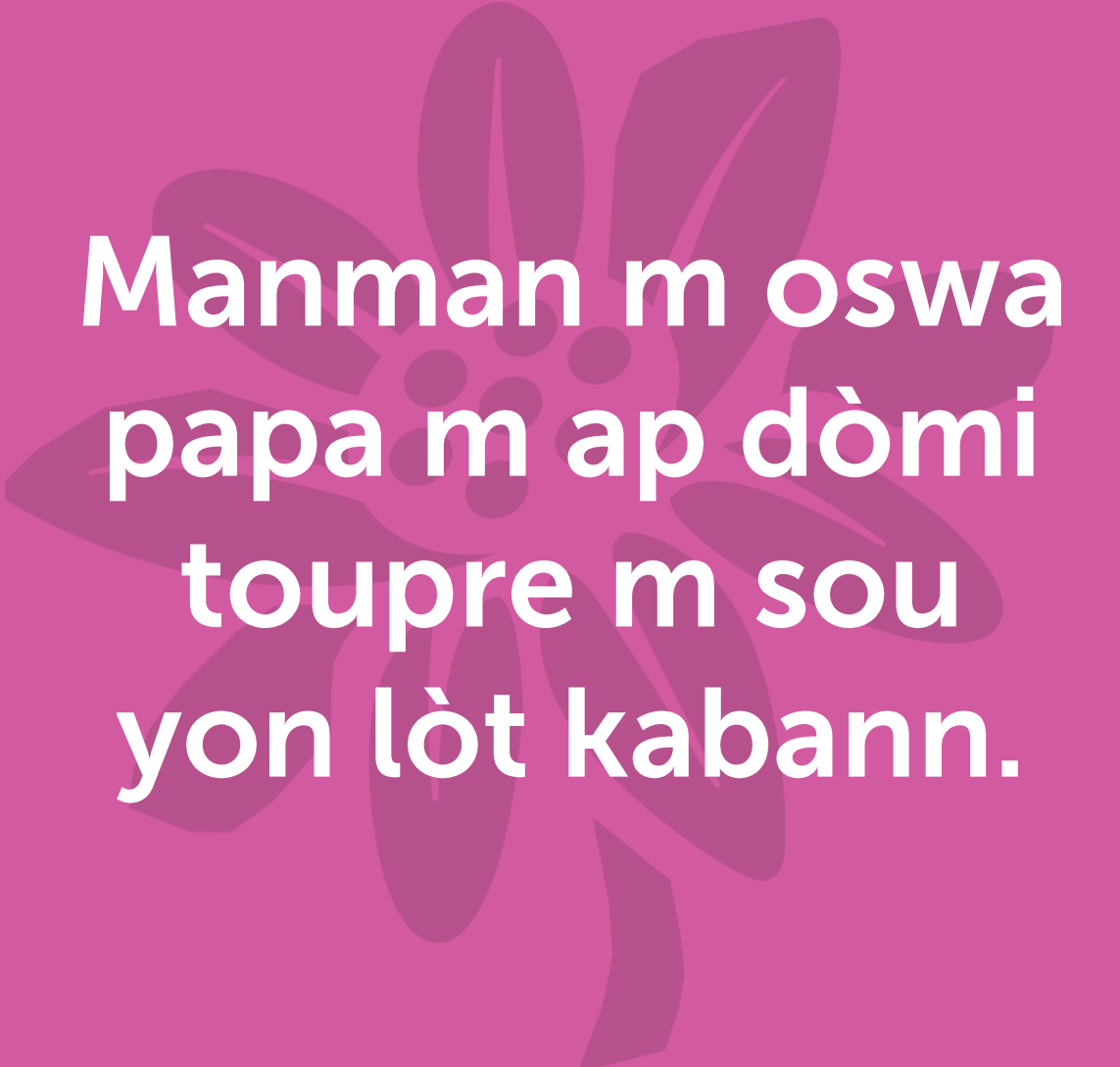






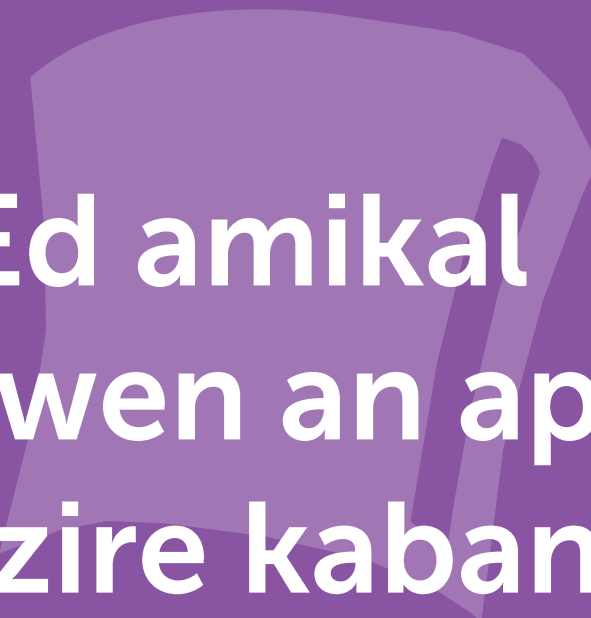
**Se ap kabann
mwenn.**





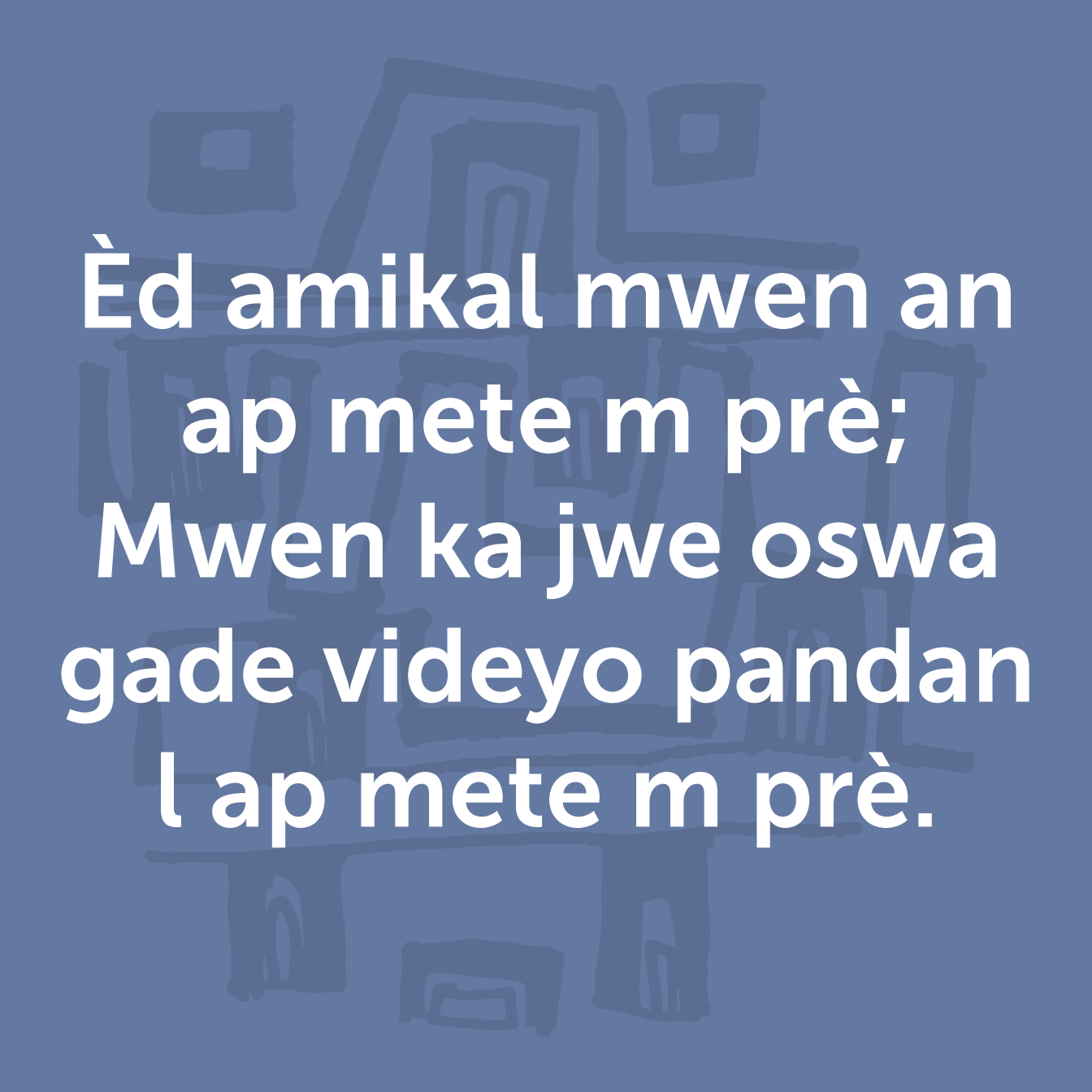
**Manman m oswa
papa m ap dòmi
toupren sou
yon lòt kabann.**





**Èd amikal
mwèn an ap
mezire kabann
mwèn an.**



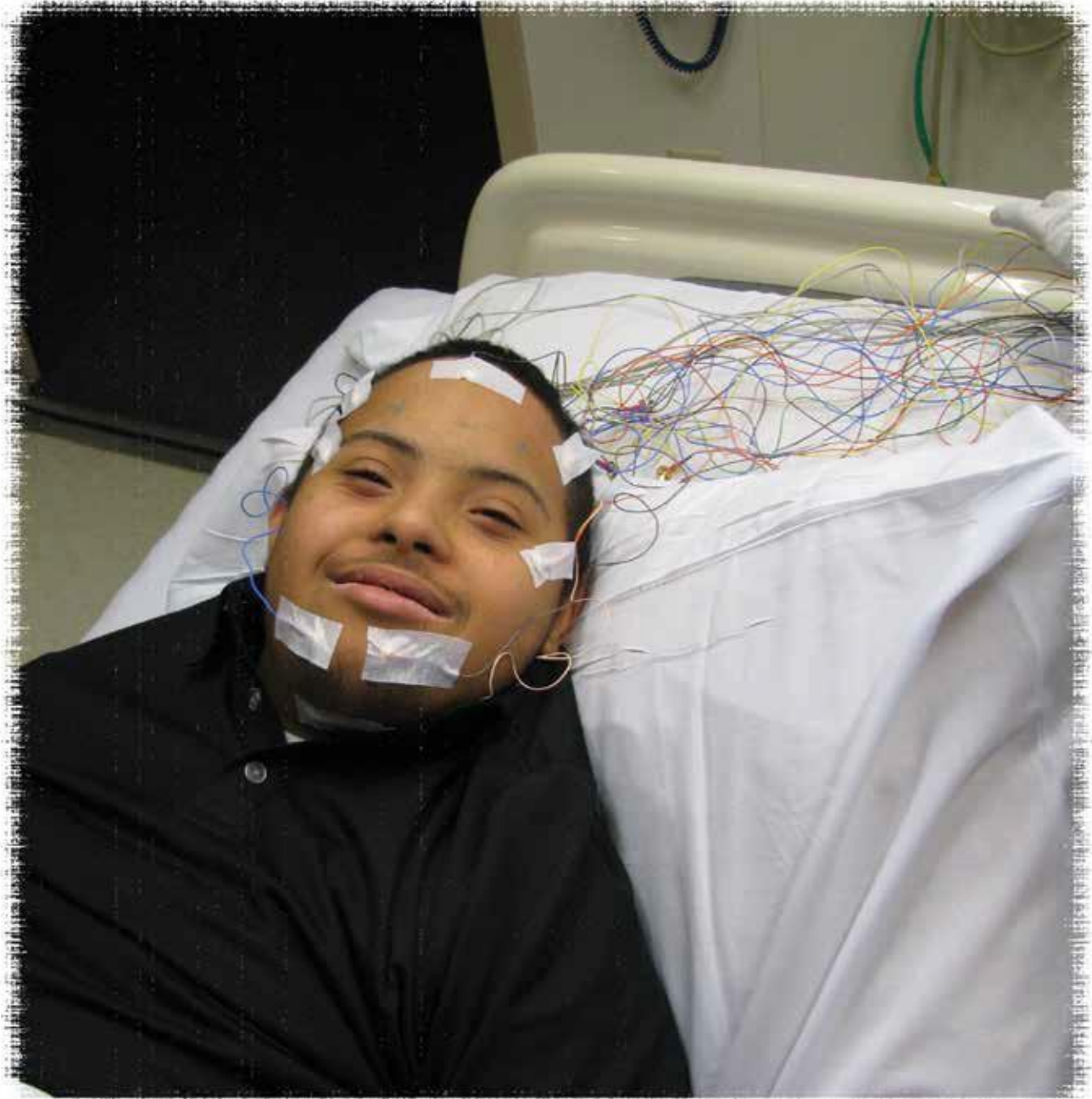


Èd amikal mwen an
ap mete m prè;
Mwen ka jwe oswa
gade videyo pandan
l ap mete m prè.





**Èd amikal mwen an
ap mete otokolan
sou mwen.**





**Èd amikal mwen
an ap mete yon
limyè sou dwèt
mwen ki klere
nan fènwa a. Sa
ap amizan!**







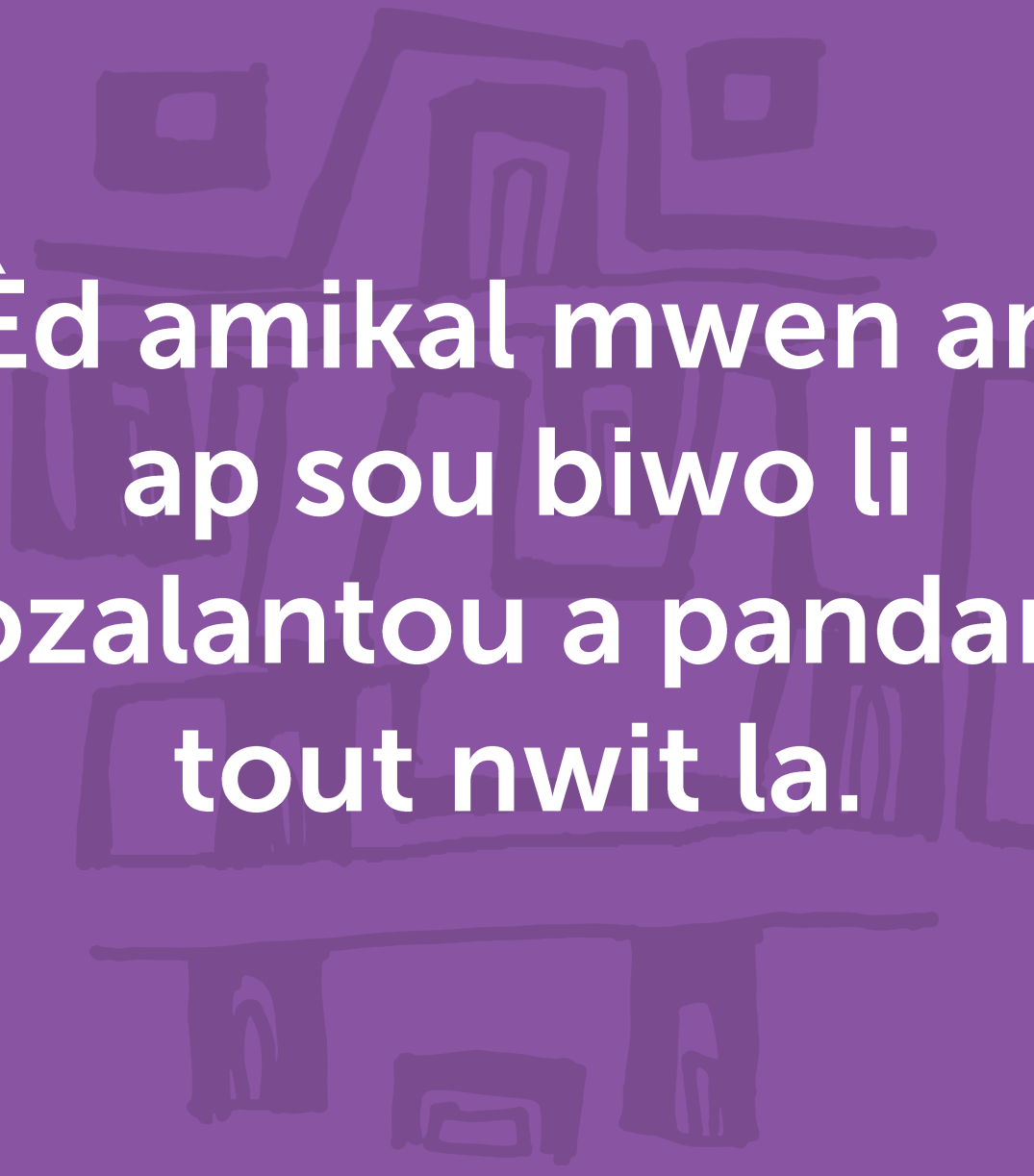
Èd amikal
mwèn an ap
ede m mete
2 senti pou
dòmí.





**Mwen prè pou m
al kouche! Èd
amikal mwen an
ap etenn limyè yo.**





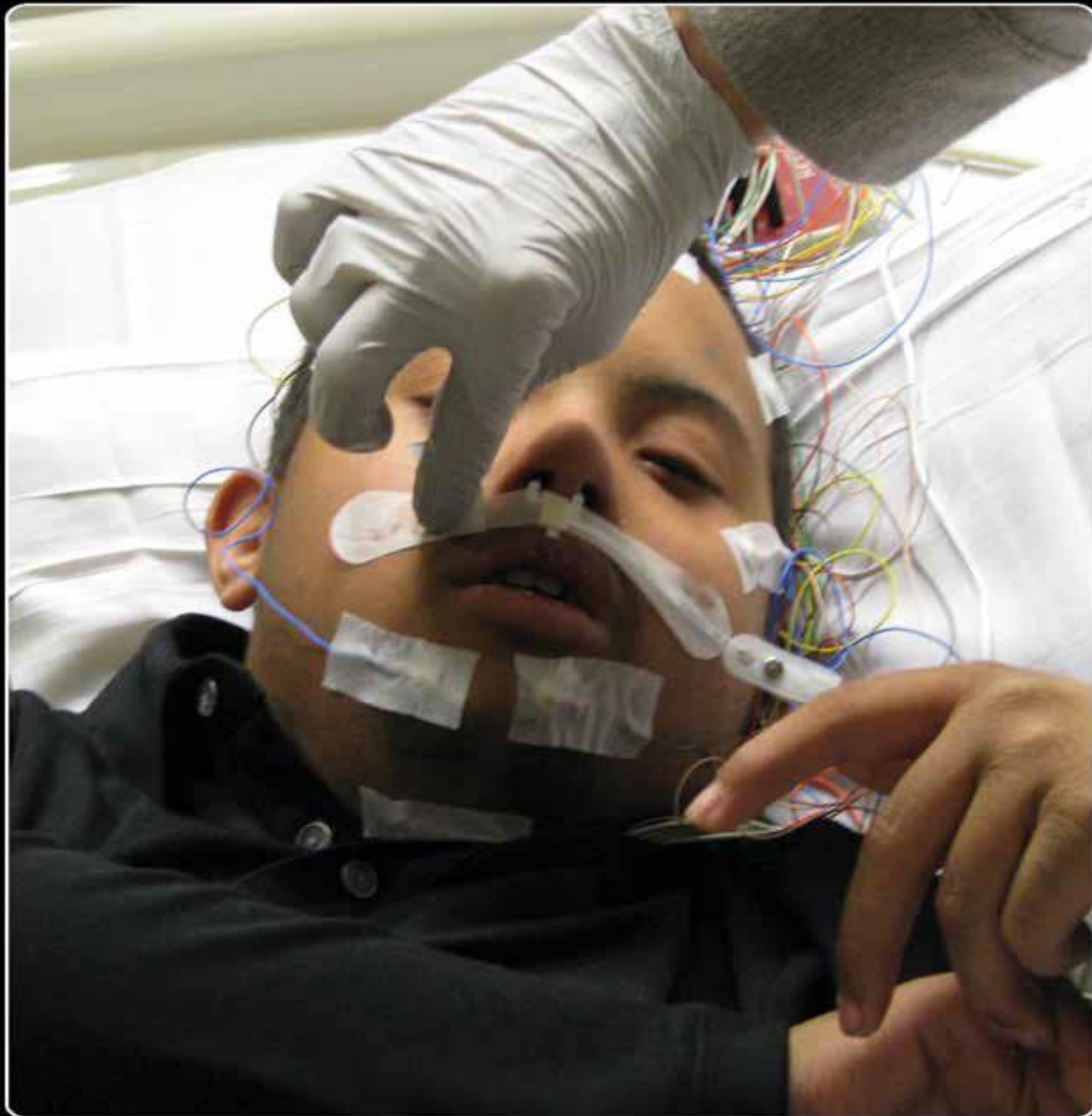
Èd amikal mwen an
ap sou biwo li
ozalantou a pandan
tout nwit la.





Si nenpòt nan
otokolan yo tonbe
pandan m ap
dòmi, èd amikal
mwenn an ap vin
mete l ankò.

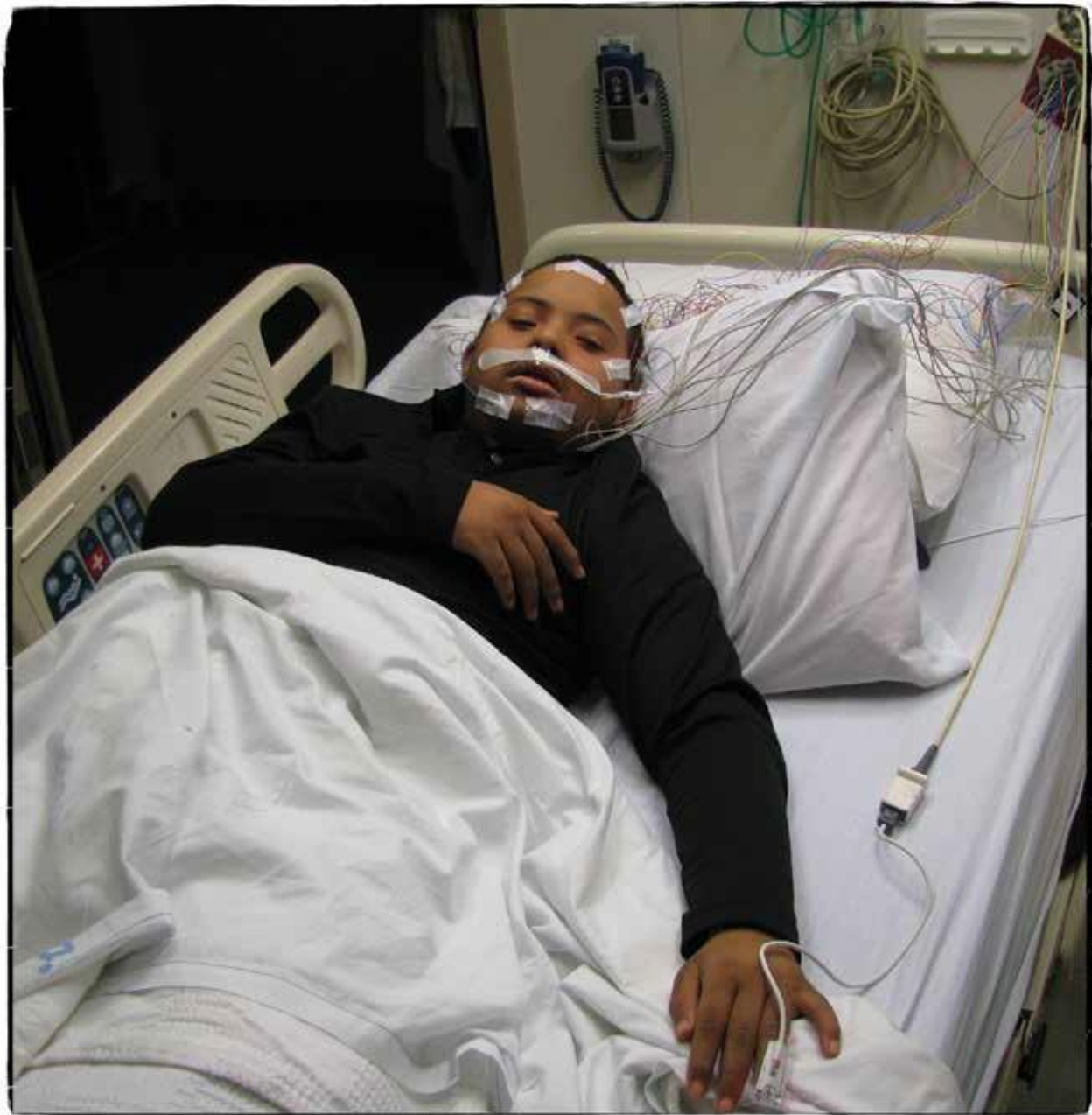


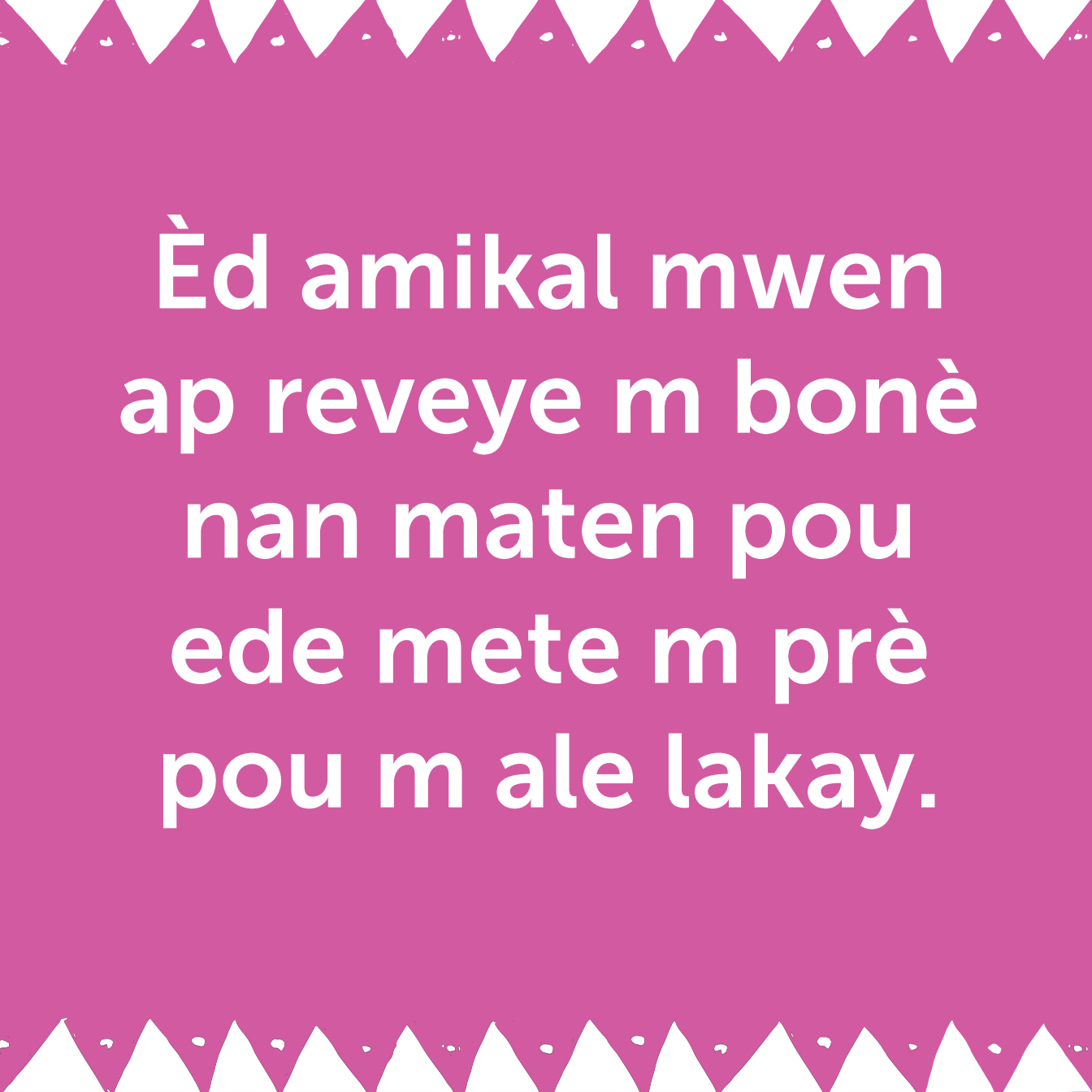




Kapab gen yon
limyè ki la pou
pèmèt èd
amikal mwen an
wè nan fènwa a.







**Èd amikal mwen
ap reveye m bonè
nan maten pou
ede mete m prè
pou m ale lakay.**





**Èd amikal mwen
an ap itilize yon
bagay ki mouye
pou retire
otokolan yo.**

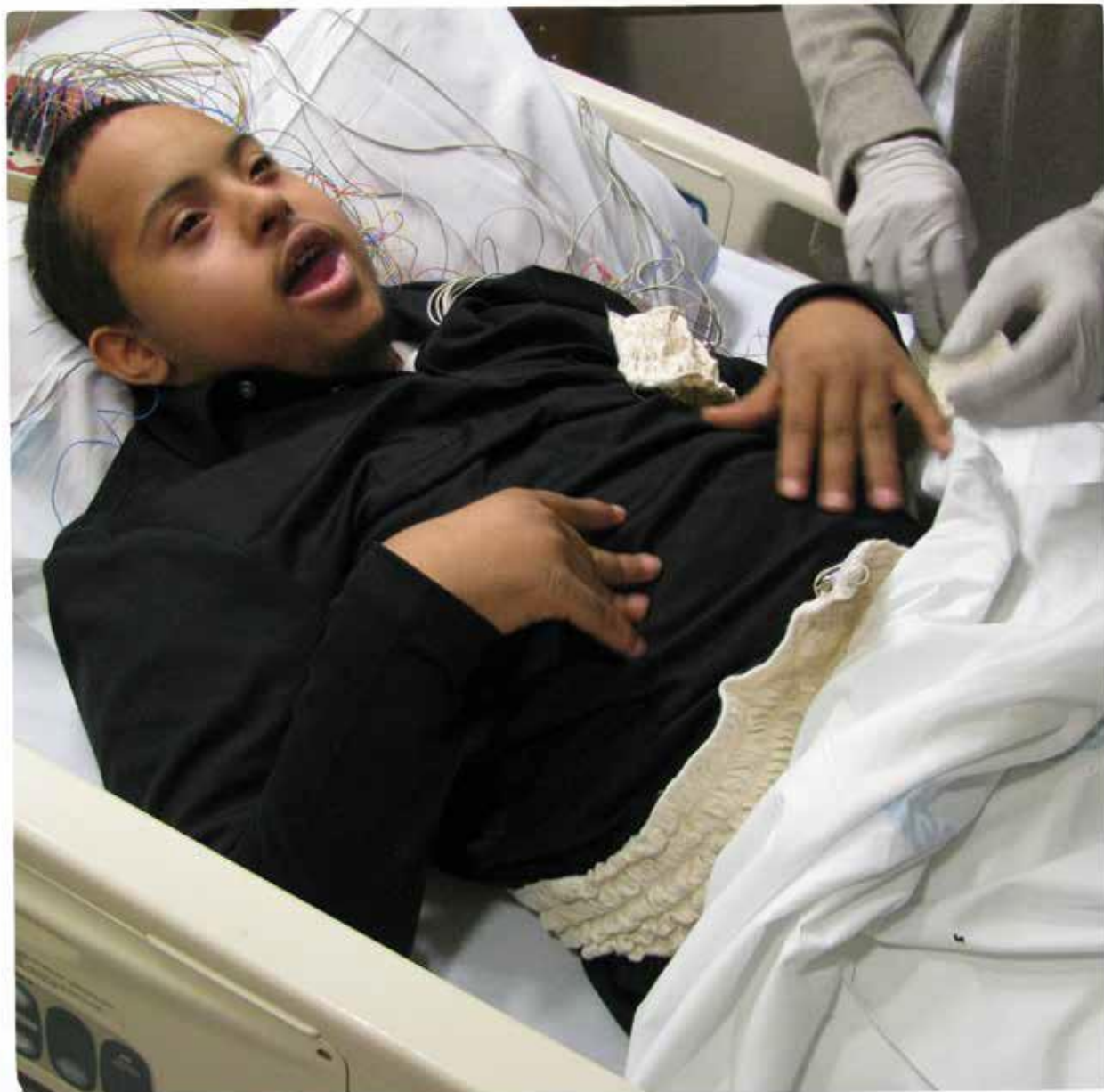






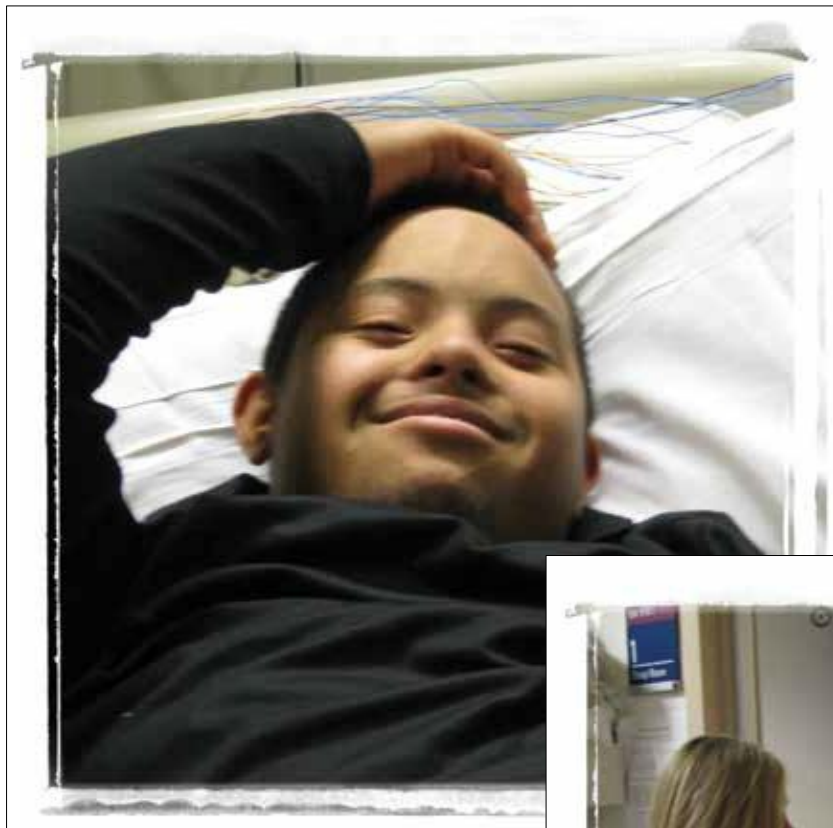
**Èd amikal mwen
an ap retire
sentiwon mwen
yo ak limyè a sou
dwèt mwen tou.**







Mwen fini nèt!





**Mwen te fè yon
bon travay!**





**[plas pou
foto m!]**

Se Boston Children's Hospital Down Syndrome Program nan ki te ekri epi pwodui My Sleep Study, tankou Gil Weintraub (asistan rechèch 2010-2011), Angela Lombardo, Kòdonatris Down Syndrome Program ak Emily Jean Davidson, MD, MPH, Direktris Klinik Down Syndrome Program.

Remèsiman espesyal pou Isaiah Lombardo ak Michelle San Giuliano, teknisyen somèy, paske yo patisipe nan istwa a epi pou Lauren Voelz, Kòdonatè Rechèch pou Predicting Obstructive Sleep Apnea in Down Syndrome nan, pou enplikasyon l ak sipò l nan pwodiksyon istwa a. Se yon don filantwopik jenere pou Down Syndrome Program nan ki te sipòte bwochi sa a. Pou plis enfòmasyon sou kòman pou sipòte Down Syndrome Program nan, tanpri kontakte Kòdonatè Pwogram nan nan 857-218-4239 oswa Children's Hospital Trust la nan 617- 355-6890. Pou plis enfòmasyon sou kòman ou ka kreye pwòp "Istwa Sosyal" ou pou ede prepare pitit ou pou evènman etranj (biza), tanpri founi je gade travay Carol Gray a nan Gray Center a www.thegraycenter.org.



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www.childrenshospital.org/downsyndrome