

Sleep Study Visit

My Hospital Story



Boston Children's Hospital

June 2016

I am getting ready for my sleep study at Boston Children's Hospital so that my doctors can learn more about my body.



I will arrive at the hospital with my caregiver.
We will stop at the main lobby desk. They will
give us a badge and tell us how to get to the
9th floor.



We will take the elevator to the 9th floor.



We will follow the orange signs to the Sleep Lab.



I will meet a sleep technologist. The sleep tech will help me check in. They might also ask me questions, like my name and my birthday.



The sleep tech will show me the room where I will be sleeping. It might look like this. I can bring some toys from home if I want.



My caregiver will stay in the room with me too. They will sleep on a bed that looks like this.



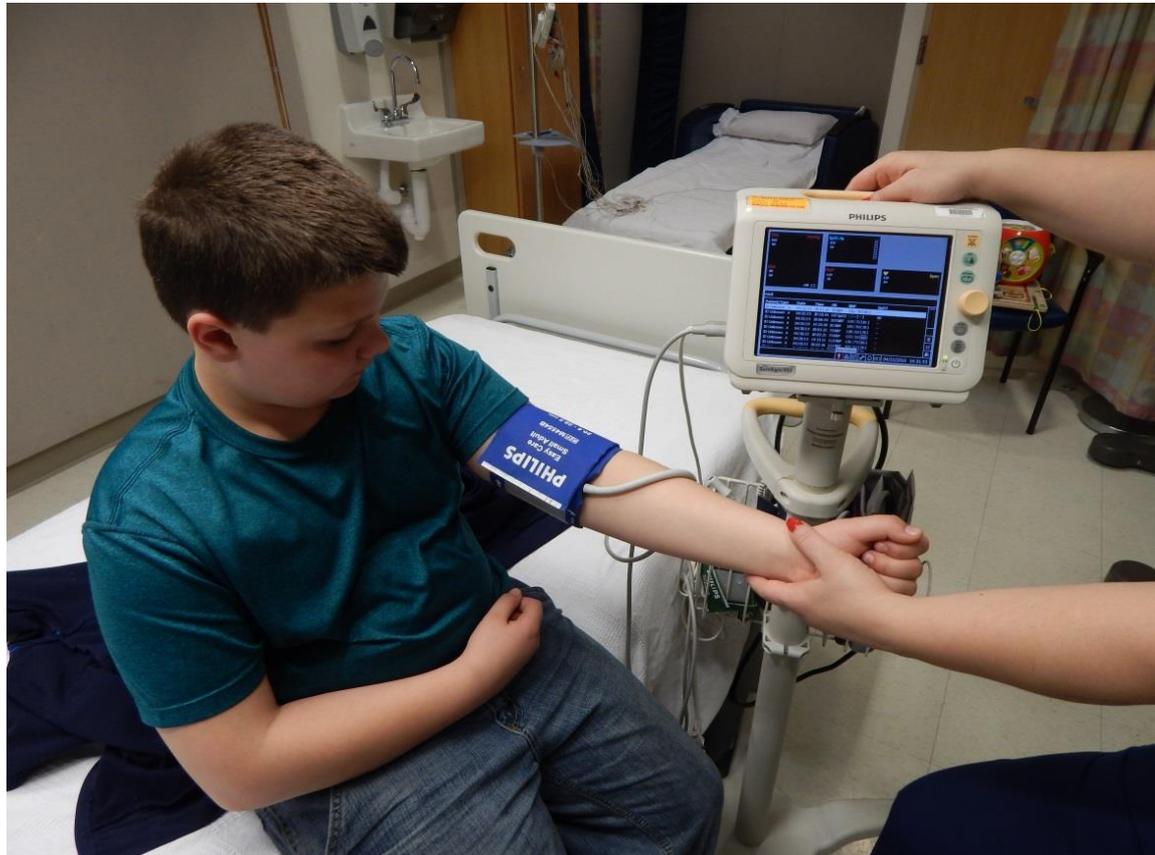
The sleep tech will have me step onto a scale to see how much I weigh. I will stand very still.



The sleep tech will also need to see how tall I am. I will stand very still and a measuring stick will gently touch the top of my head.



They will also need to check my blood pressure to learn about how my heart is working. The tech will do this by wrapping a piece of cloth around my arm. This cloth will feel tight, but this is OK.



The tech will tell me about my sleep study and answer any questions I have.



My caregiver will help me put on my pajamas.



When it is time to get ready for the sleep study I will sit in a chair. The tech will tell me what it is like to have electrodes (small disks with long colorful wires) placed on my head.



First the sleep tech will measure my head with a tape measure.



The tech will draw dots on my head with a soft crayon to mark where the electrodes will go.



The tech will use a Q-tip and soap to rub off the crayon dots. The soap will feel sandy. Then the tech will place electrodes (small gold discs with colorful wires) on my head.



The tech will use special tape to help the electrodes stay in place. While he/she is placing the electrodes on my head I can look at a toy or watch a movie.



The tech will also place a small flexible tube on my face. This tube will rest under my nose to check my breathing.



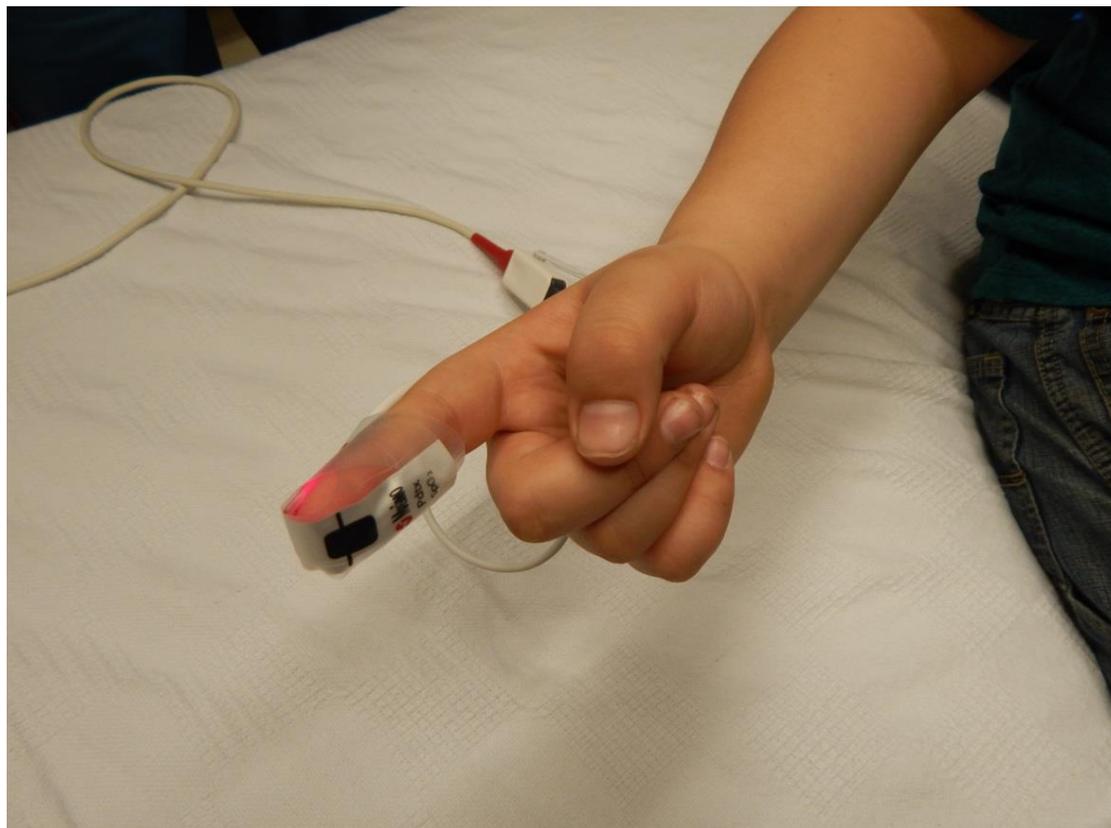
After the electrodes are on, the sleep tech will wrap my head with soft gauze.



I will get ready for bed. I will do my night time activities, like brushing my teeth, reading a book, or holding my stuffed animal.



The tech will place a sticker with a red light on my finger, called a pulse oximeter. This sticker helps to check how fast my heart is beating.



Now it is time to go to sleep. Once I am asleep the sleep tech might come in to check the electrodes. This is OK, I am safe and can go back to sleep.



In the morning I will wake up and the sleep tech will take off the electrodes using special shampoo. The shampoo might smell funny, but it will make my head clean again.



I am all done with my sleep study. Everyone will be so proud of me for doing a great job!



Developed By:
Sleep Center, Autism Spectrum Center & Child Life Services