

# Sleep Study – Waltham

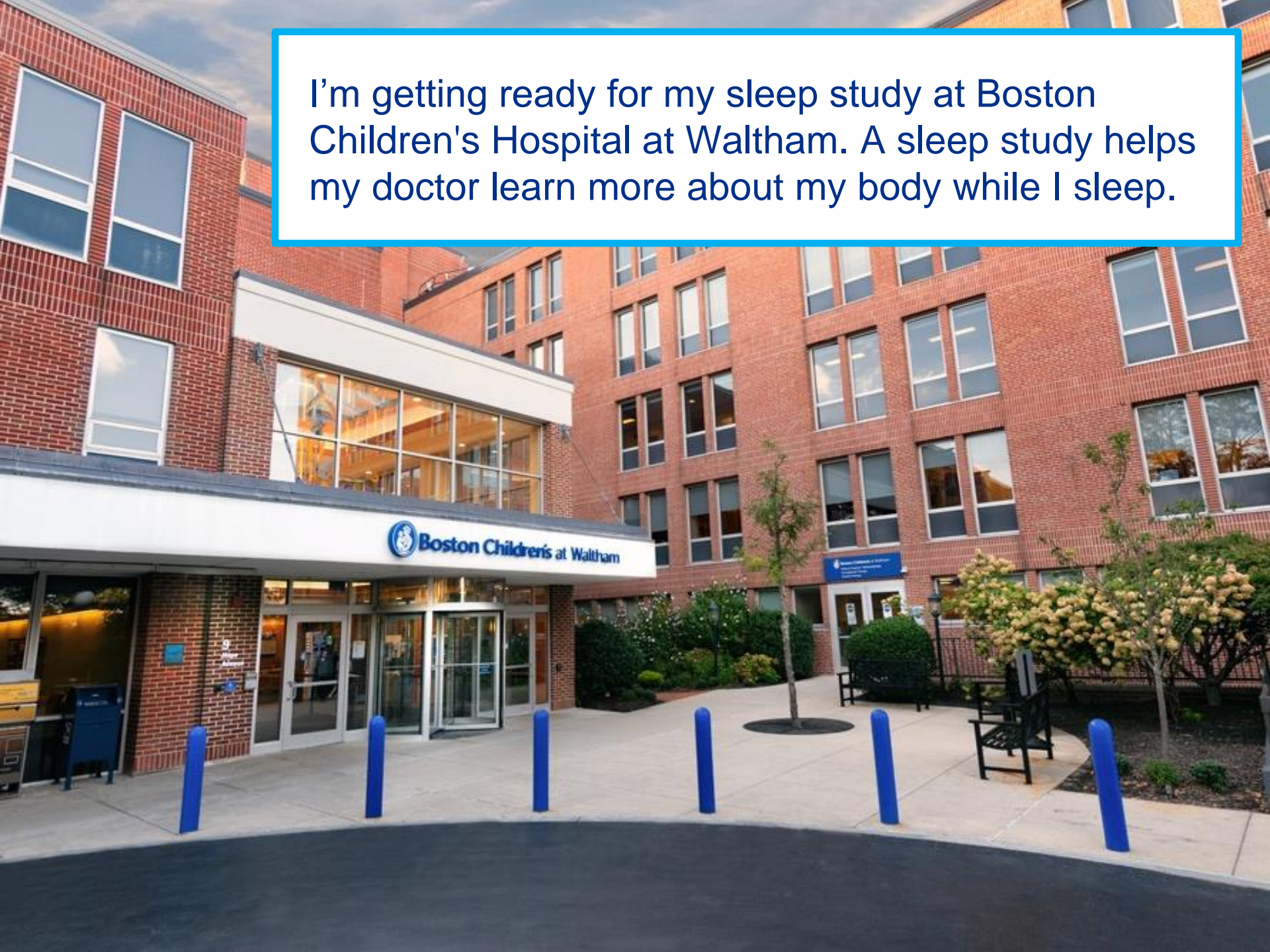
My Hospital Story



**Boston Children's Hospital**

March 2025

I'm getting ready for my sleep study at Boston Children's Hospital at Waltham. A sleep study helps my doctor learn more about my body while I sleep.





I'll come to the hospital with my caregiver. I can wear or bring my pajamas with me.

I can bring a toy or tablet to watch while I'm here!





First, we'll walk through the lobby and follow the signs to the Sleep Program.



Then, we'll talk  
with someone at  
the front desk.

I'll get a bracelet  
with my name  
on it.

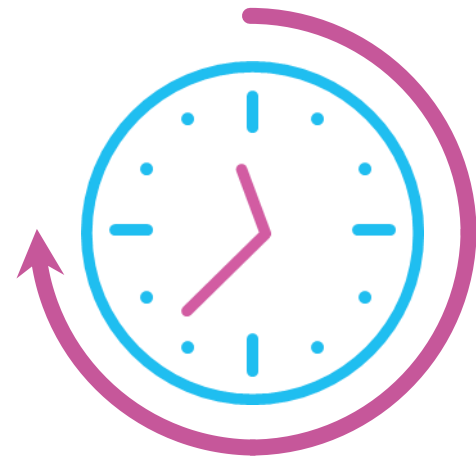






Next, we'll wait for  
my name to be  
called.

I can sit or play  
quietly while I wait.



When it's my turn,  
a nurse will call  
my name.

We'll walk to a  
new room.



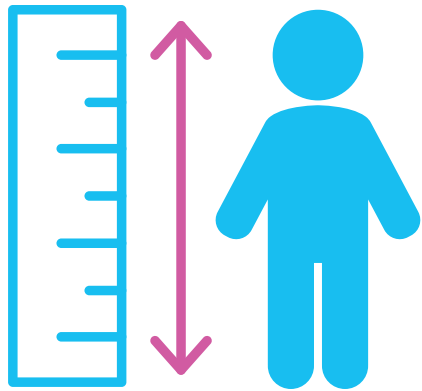


I'll stand on a scale to check my weight.





I'll stand up  
straight against  
the wall to see  
how tall I am. I  
might feel a light  
tap on my head.



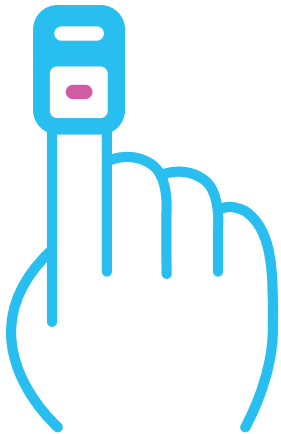


The nurse  
will check my  
temperature  
with a  
thermometer.





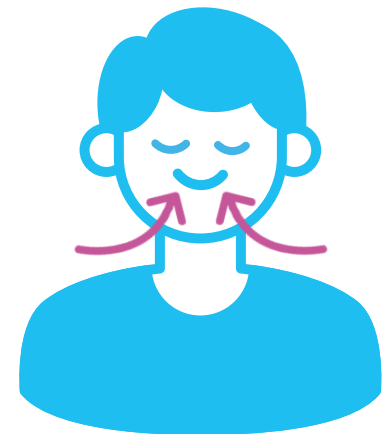
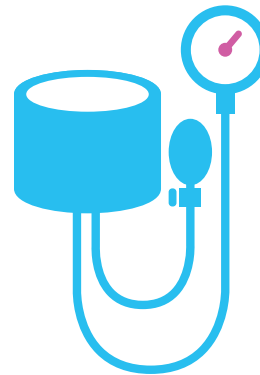
The nurse will place a pulse oximeter on my finger to check how much oxygen is in my body.







The nurse will check my blood pressure. I'll feel a squeeze on my arm. I can remember to hold my body still and take deep breaths.

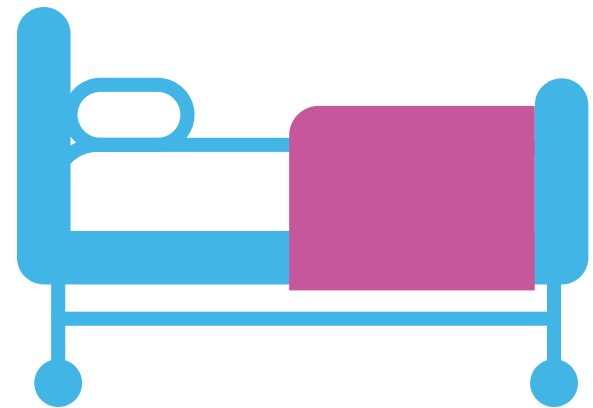


Next, we'll go to the room where I'll sleep. I'll meet the sleep technologist who will talk with me about the sleep study.



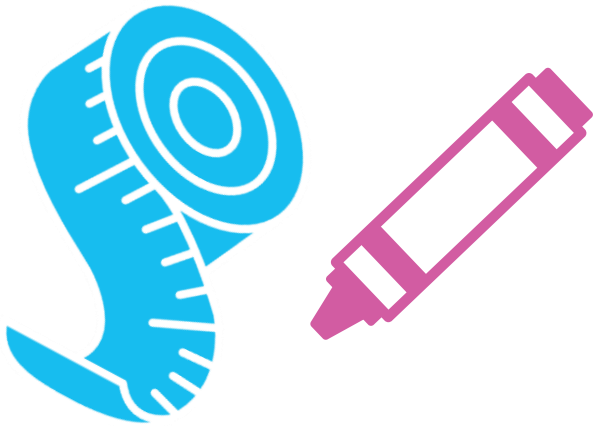


Now it's time to start the sleep study. I'll sit or lie down on the bed.





The technologist will measure my head with a tape measure and draw dots on my head with a soft crayon.





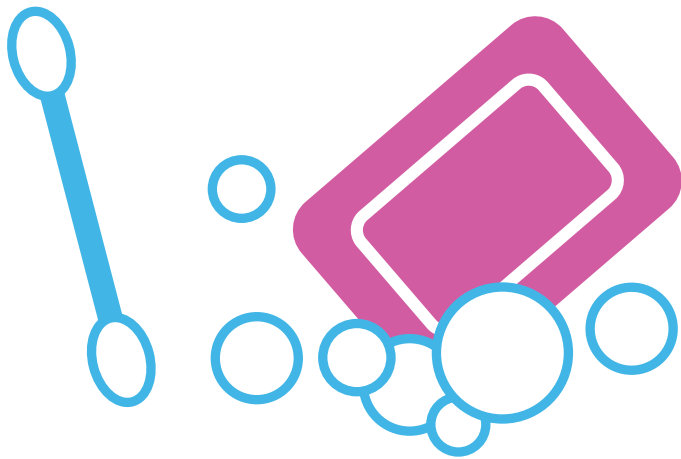
Next, the technologist will place electrodes on my face.

The electrodes look like small buttons.





They'll use a  
Q-tip and soap to  
clean my head.  
The soap might  
feel sandy.

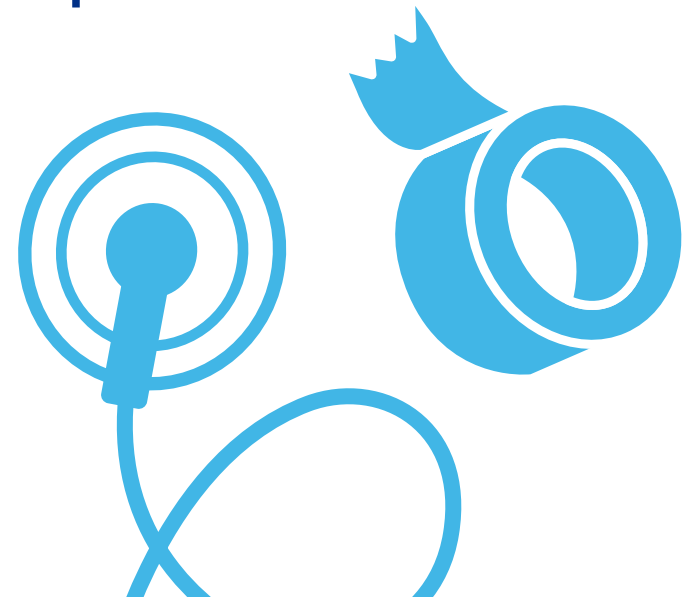




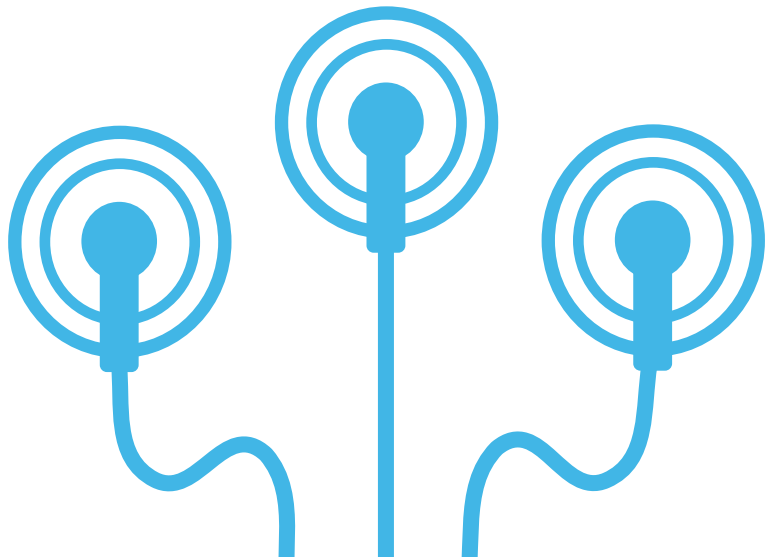


The technologist will put electrodes on my head.

They'll use soft tape to keep them in place.



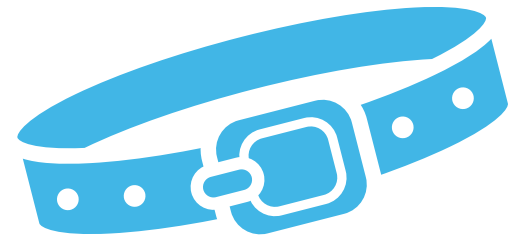
The technologist  
will put a few  
electrodes on  
my chest and  
stomach.





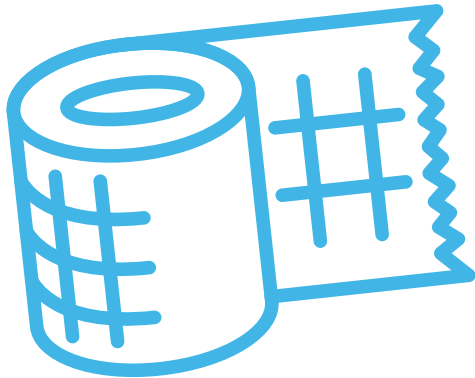


They'll put 2  
soft belts  
around my  
waist. These  
will stay on  
while I sleep.





Next, the  
technologist  
will wrap my  
head with soft  
gauze.



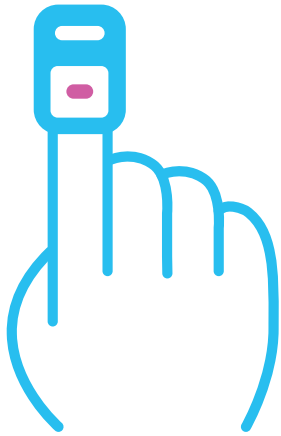


They'll put a small tube under my nose. This will check my breathing while I sleep.





They'll put a  
sticker with a  
red light on  
my finger.





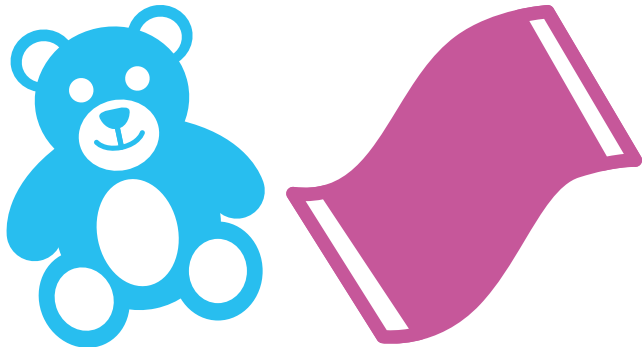


The technologist can help me if I need to go to the bathroom or brush my teeth before bed.



Now it's time to sleep. My caregiver will sleep in a bed next to me.

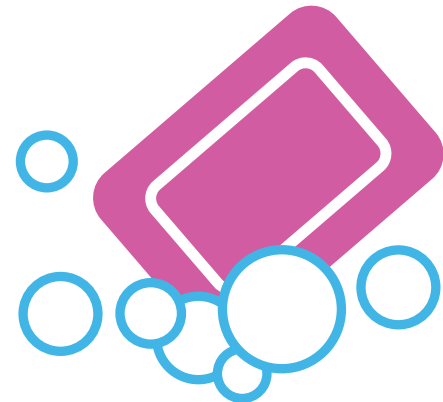
I can use my comfort items from home to help me fall asleep.





The technologist might need to check on me while I'm sleeping.

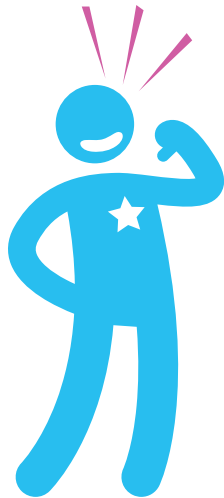
When I wake up in the morning, they'll take the electrodes off using a special shampoo.





I'm all done with  
my sleep study.

Everyone will be  
so proud of me!



**Developed by:**

Autism Spectrum Center, Sleep Study Program  
& Child Life Services