

# My Sleep Study



Produced by the Down Syndrome Program  
and The Center for Pediatric Sleep Disorders



**Boston  
Children's  
Hospital**

Where the world comes for answers

The Down Syndrome Program has developed this booklet to help prepare children and young adults for their upcoming sleep studies. The hope is that improved preparation before arriving will help improve the experience of having a sleep study.



We have developed a story that your son or daughter can read (or have read aloud to him or her) to help prepare. Through its pictures and descriptions, the story provides a walk-through of a night in the sleep laboratory. Our goal is to help your child become familiar with the sleep lab procedure, so that the night of the appointment will be as comfortable as possible.

We recommend that you begin to use the sleep study story four to six weeks before your scheduled appointment, with increasing frequency as the date approaches. We also recommend that you try to simulate the conditions and stimuli your son or daughter will encounter. On the next page is a suggested schedule.

## **4 to 6 weeks before:**

- Read the story once a week. Either read it together, or have your child read it by himself or herself.

## **2 to 3 weeks before:**

- Read the story twice a week. Either read it together, or have your child read it by himself or herself.
- Use stickers to practice having electrodes placed on the head and body.
- For younger children, practice putting stickers on a stuffed doll or toy car.

## **1 week before:**

- Read the story each night. Either read it together, or have your child read it by himself or herself.
- Use stickers to practice having electrodes placed on the head and body.
- Place tape on your child's index finger to simulate the sensor placed on fingers.

The schedule above is just an example of how you can help prepare your child for their sleep study. In the end, what is most important will be helping your son or daughter feel familiar with the procedure. That way, when the time comes, it will not be as foreign or uncomfortable.

If you have questions or concerns, please call the Down Syndrome Program at 857-213-4329

*Good luck and we look forward to seeing you soon!*

—The Down Syndrome Program Staff



**I will arrive  
at Boston  
Children's  
Hospital**





# Boston Children's Hospital

Until every child is well<sup>SM</sup>



I will take the  
elevator to the  
9th floor.







**I will meet the  
sleep technician  
who will be my  
friendly helper.**







**My friendly  
helper will show  
me my room.**








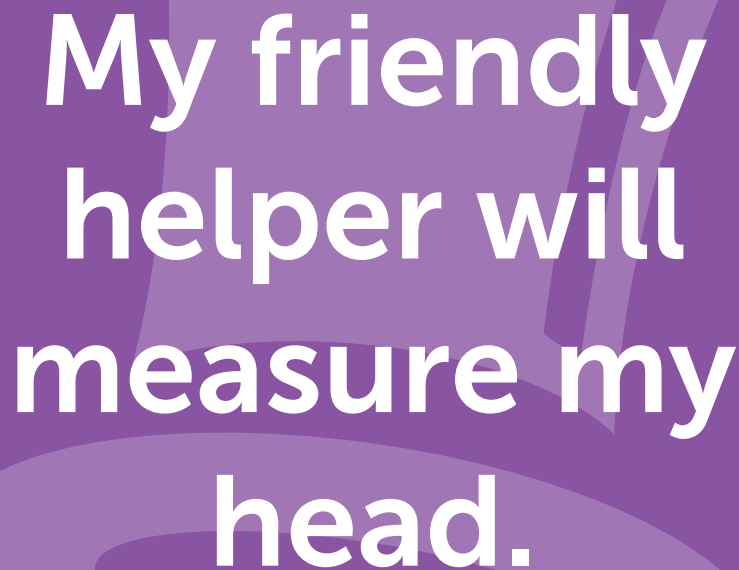
**This will be  
my bed.**





**My mom or  
dad will sleep  
next to me in a  
separate bed.**






**My friendly  
helper will  
measure my  
head.**






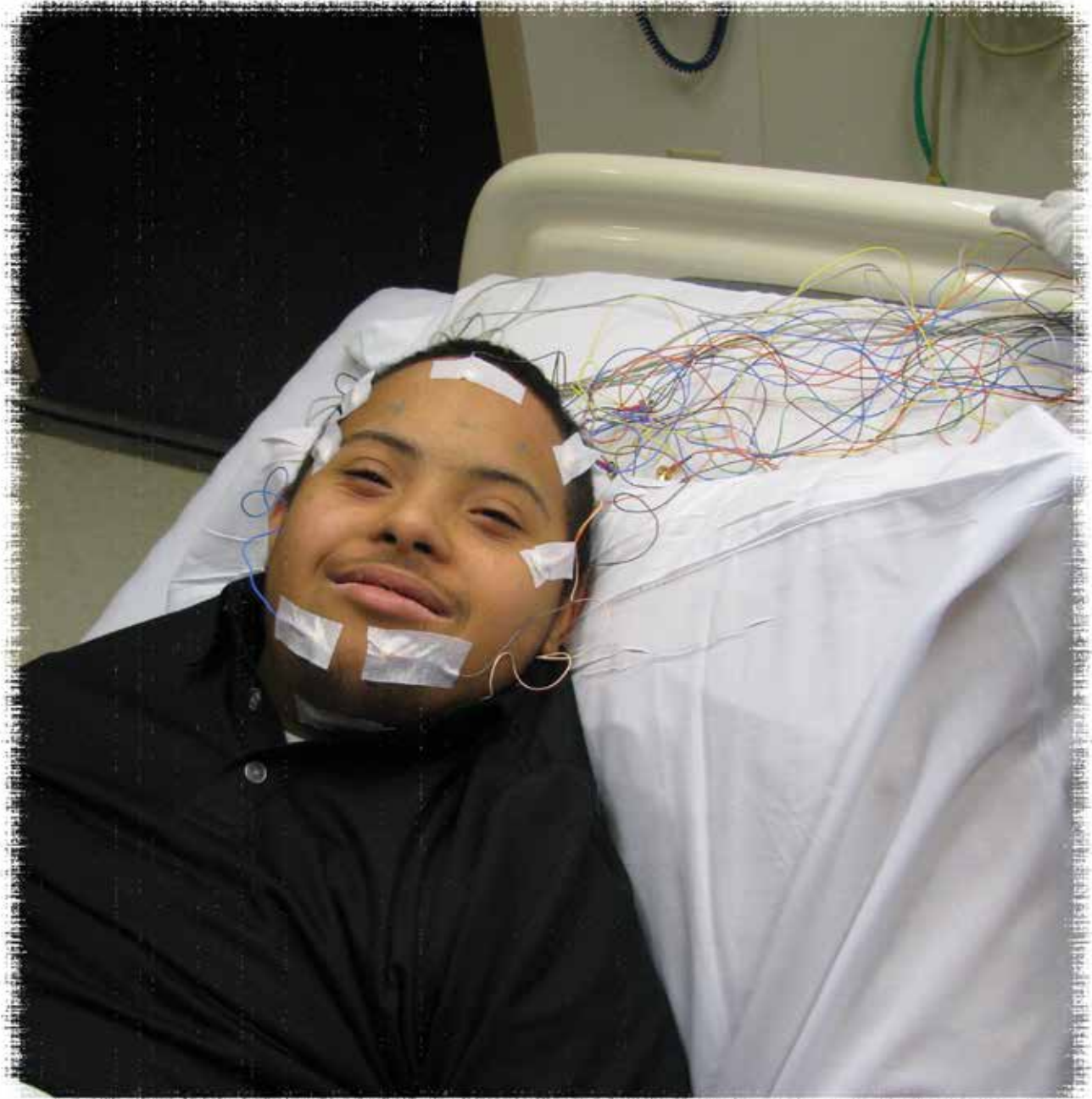
My friendly helper  
will get me ready;  
I can play or watch  
a video while I'm  
getting ready.







**My friendly  
helper will put  
stickers on me.**








**My friendly  
helper will put  
a light on my  
finger that glows  
in the dark. It will  
be fun!**









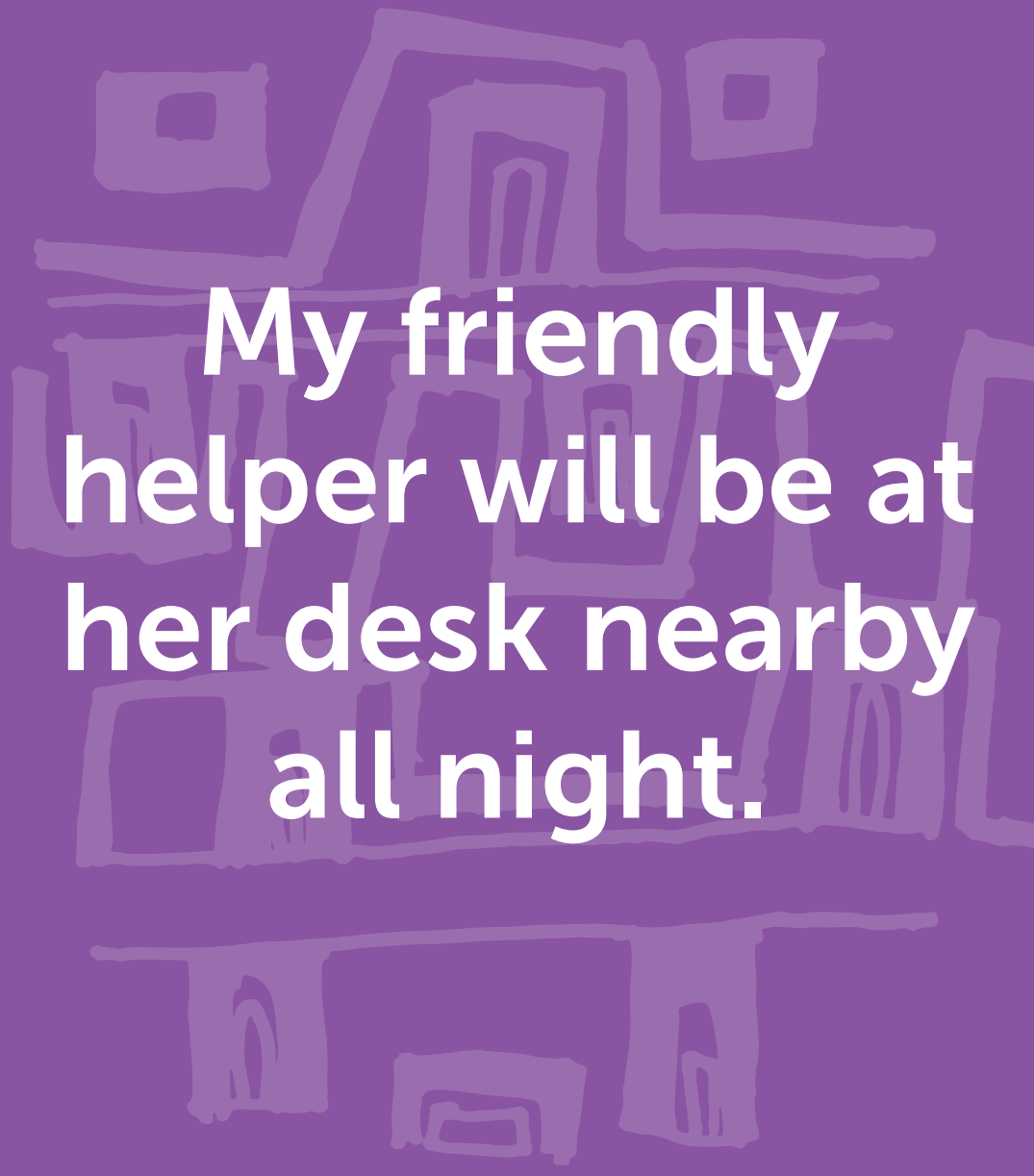
**My friendly  
helper will  
help me put  
on two sleep  
belts.**






**I am ready for  
bedtime! My  
friendly helper will  
turn off the lights.**





**My friendly  
helper will be at  
her desk nearby  
all night.**

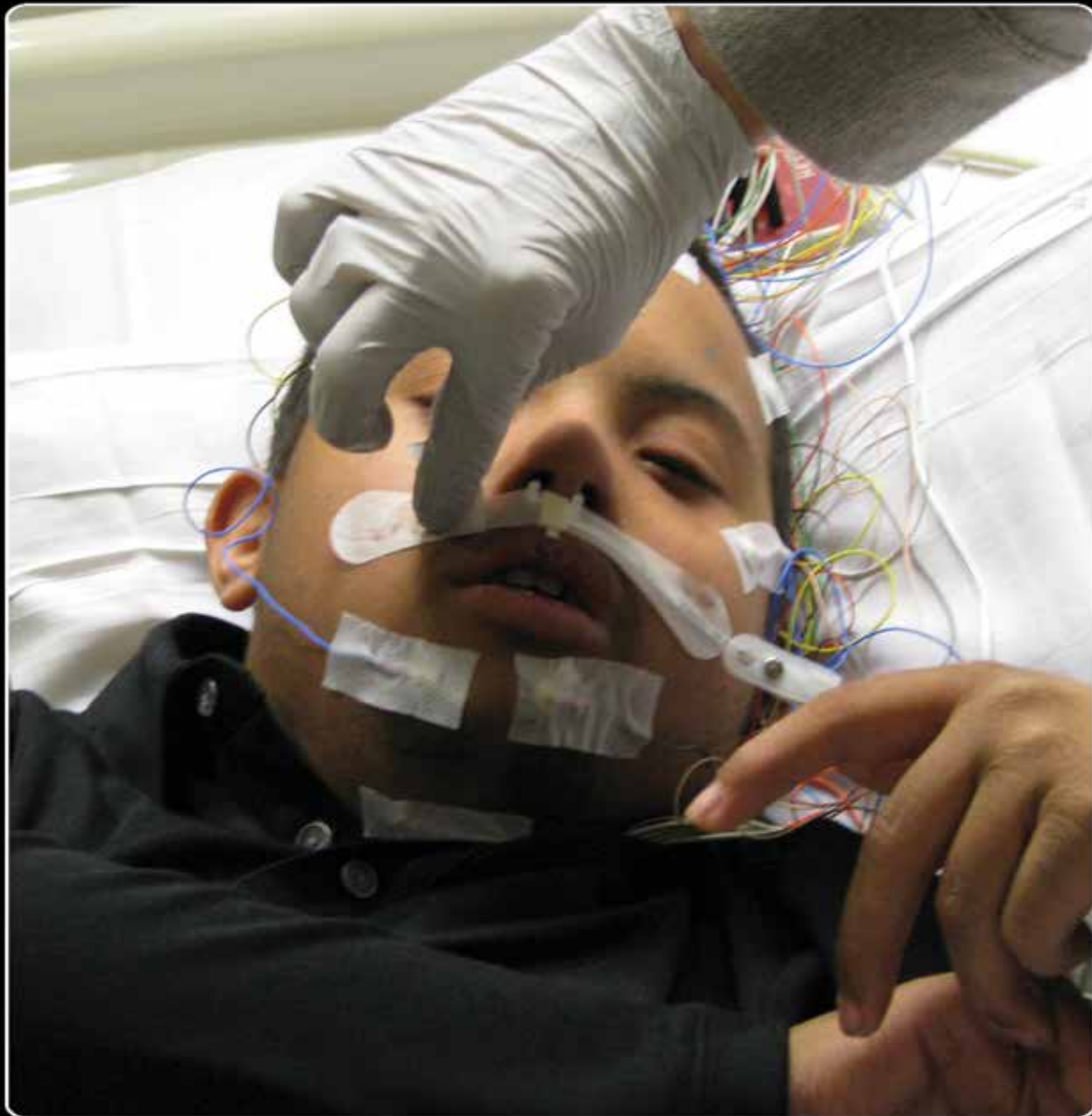





If any of the  
stickers fall off  
while I'm sleeping,  
my friendly helper  
will come in to put  
them back on.






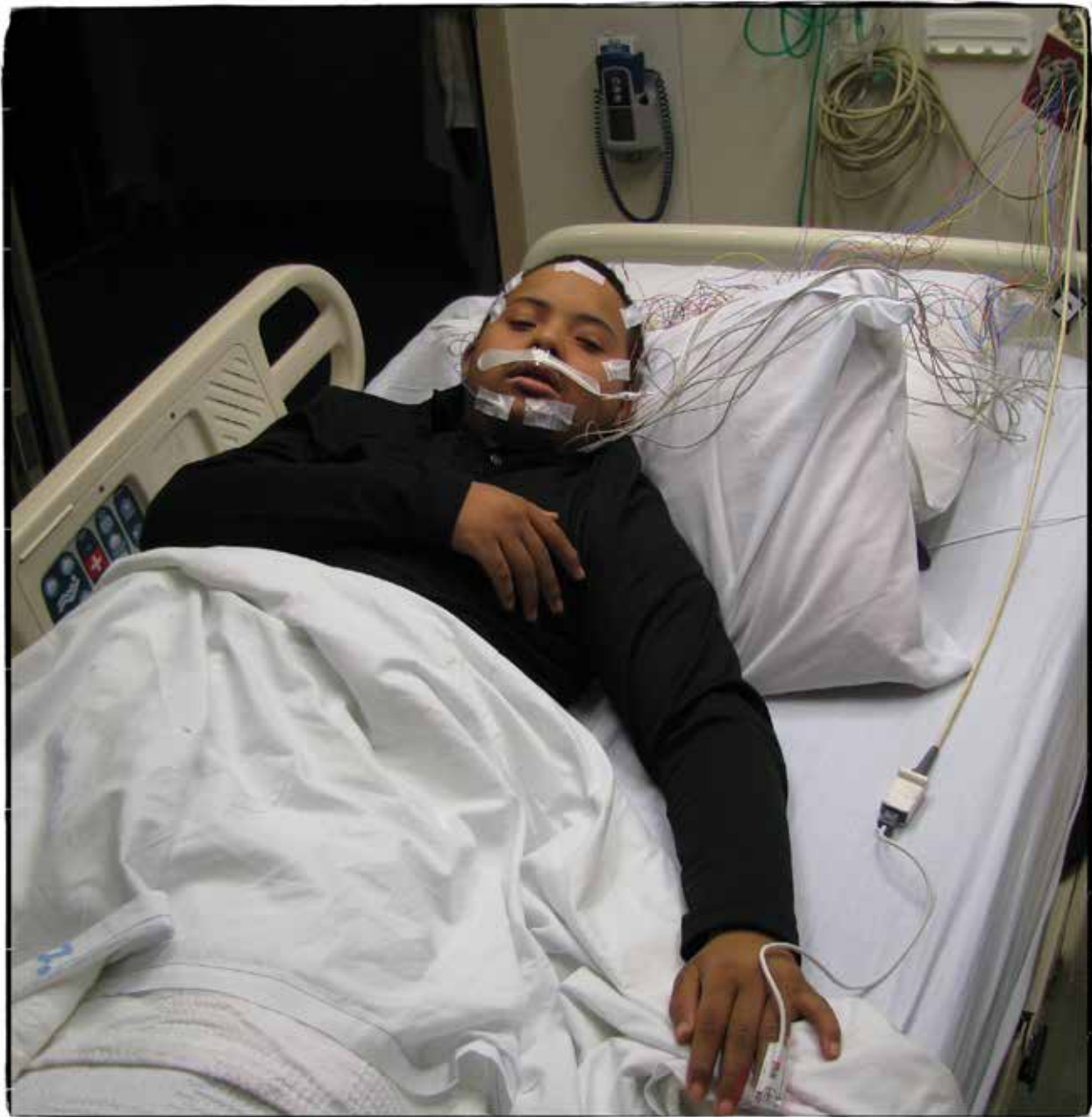


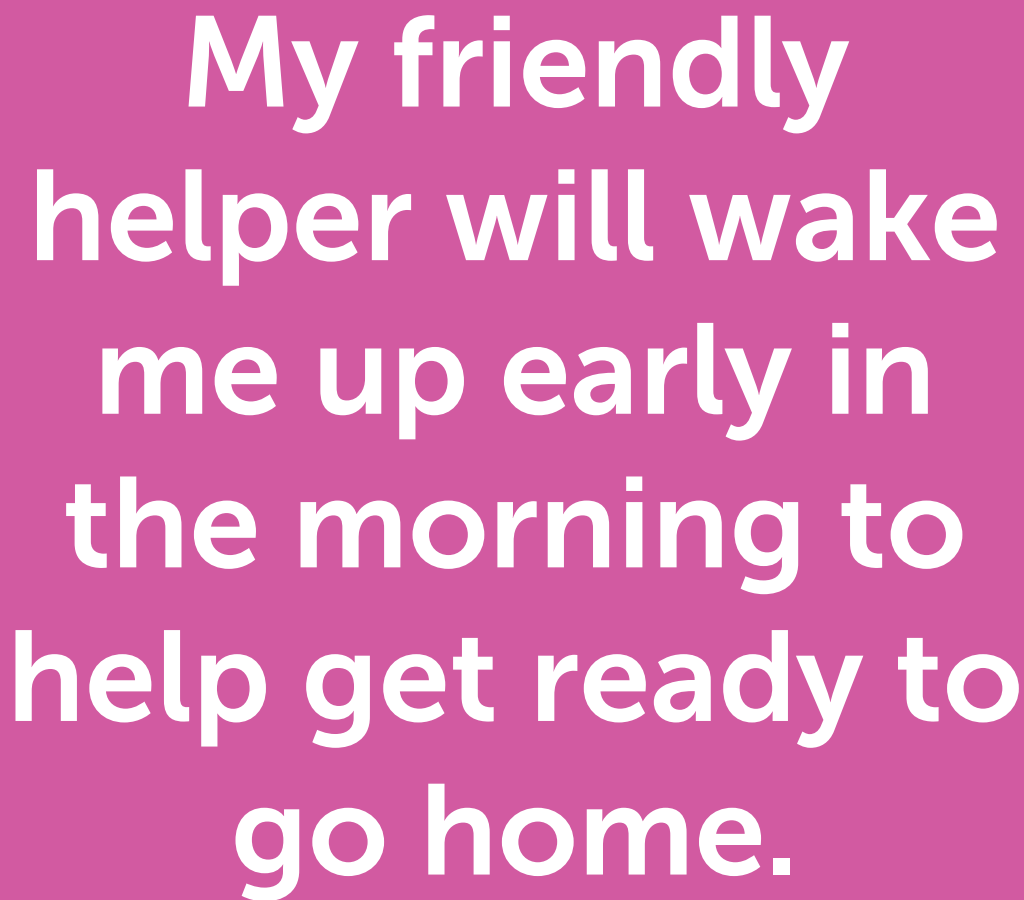


There might  
be a special  
light to help my  
friendly helper  
see in the dark.









**My friendly  
helper will wake  
me up early in  
the morning to  
help get ready to  
go home.**







**My friendly  
helper will use  
something wet  
to take off my  
stickers.**







**My friendly  
helper also will  
take off my belts  
and the light on  
my finger.**



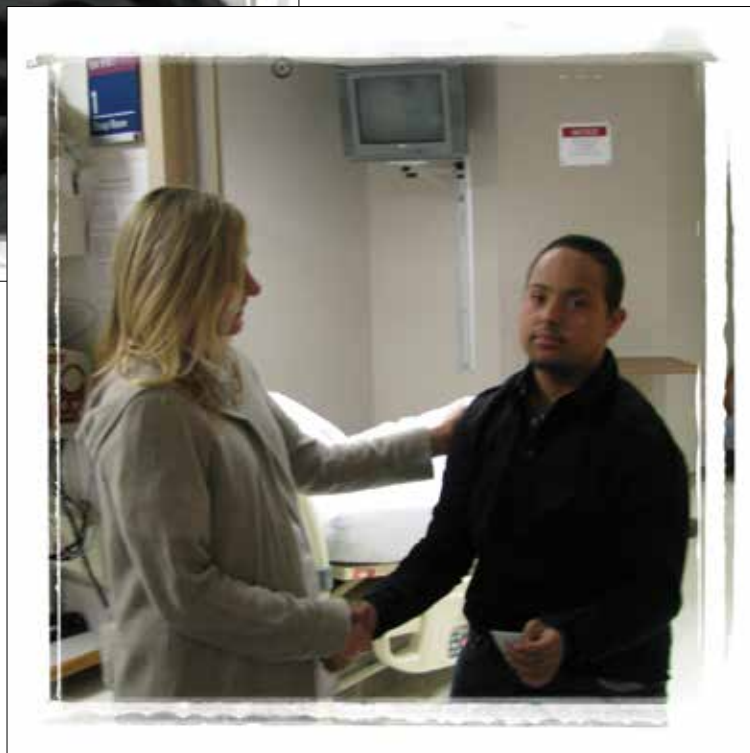
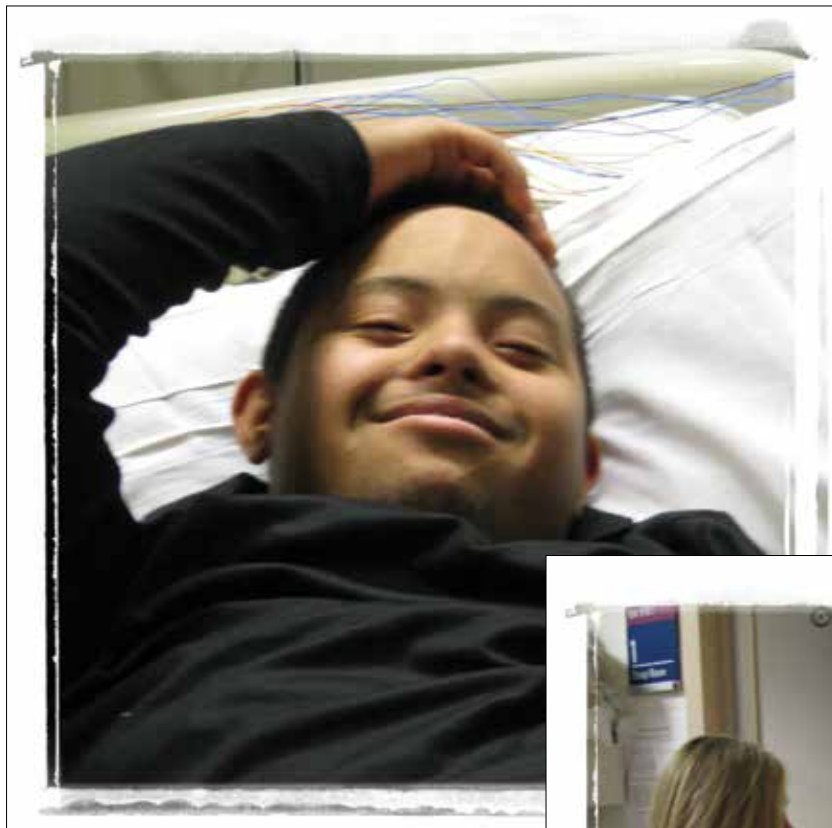






**I am all done!**







**I did a  
great job!**



**[spot for my  
photo!]**

My Sleep Study was written and produced by the Boston Children's Hospital Down Syndrome Program, including Gil Weintraub (research assistant 2010-2011), Angela Lombardo, Down Syndrome Program Coordinator and Emily Jean Davidson, MD, MPH, Down Syndrome Program Clinical Director.

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[www.childrenshospital.org/downsyndrome](http://www.childrenshospital.org/downsyndrome)