

My Sleep Study





Hi! My name is Julia. Very soon, I will be going to MassGeneral Hospital for Children (MGHfC) for a sleep study!

The sleep study will help doctors learn more about how I sleep. I'll tell you all about my sleep study so you can be ready for yours!

This is different from a regular visit to the hospital because I will get to sleep over at the hospital with my family. I can bring my favorite toys, books, blankets and pajamas. **There is nothing to be afraid of.**



When I first arrive at the hospital, I will meet all of the people who will help me with my sleep study, like the doctors, nurses and other staff members. A staff member is someone who works at the hospital.

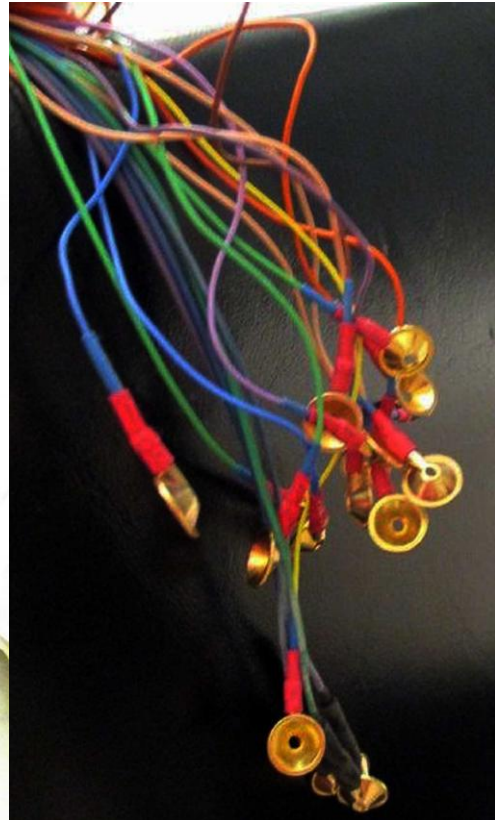
I might like to ask what their names are. They will show me my own room for me and my family to sleep in!



In my room, I can change into my favorite pajamas. Do you see my comfy bed with soft blankets?

If I don't eat before I arrive at the hospital, my family and I can eat dinner together in my room!

If I already ate dinner, this is a good time to have my bedtime snacks. My family will bring my favorite snacks and they will know when I can eat them.



When I am done eating, the doctors and staff will need to start getting me ready for my sleep study. Nothing that they do will hurt.

First, they will use a red marker to draw small dots on my head. This is where the doctors and staff will put sticky pads that are attached to colorful wires, like a rainbow!

It might feel funny at first. After a few minutes, I will forget the stickies are there!



Then, a staff member will put a few stickies on my tummy, my back and my legs. These stickies are just like the ones on my head.

A sticky also goes on my finger and it glows in the dark! I will forget these stickies are here, too.



Next, a staff member will wrap two soft cloth belts around my tummy and my chest. The belts are stretchy and comfortable. They help measure my breathing while I sleep!

They might look a little silly, but soon I will forget all about them.



Then, a staff member will place a small tube in my nose. It might tickle while he or she is putting it in, but it won't hurt.

The staff member will use special tape to make sure the tube stays in place.



This is what I look like when the staff members are done helping me get ready for my sleep study!

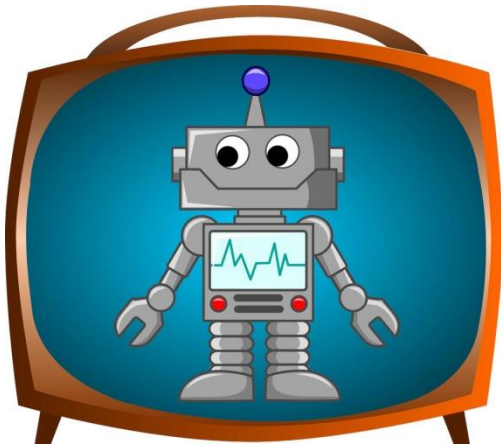
These stickies and belts sure look funny, don't they? Don't worry, they don't hurt.

It's okay to feel nervous about my sleep study. The doctors, staff members and my family are all there to help me if I feel nervous or scared.

If I would like, these are some ways to help me relax:

- Take 3 slow, deep breaths
- Count to 10 out loud or in my head
- Hold my family member's hand
- Turn on the TV or listen to my favorite music

Everyone will be really proud of me for doing a great job!



When I am all ready for my sleep study, I might have some time before I have to go to sleep.

I can play with my favorite toys, read a book or watch some TV.



When it's time to go to sleep, everyone will say goodnight to me and wish me sweet dreams!

My family members will be in bed right next to me for the whole night. They will be there for me if I need anything!

I can also have my favorite toys or blankets with me.

When the lights are turned off, I can close my eyes and go to sleep!



The next morning, the doctors and staff will wake me up after my sleep study is done. **I did a great job!**

A staff member will help me take off all of the stickies. He or she will use a special lotion that makes the stickies easy to take off.

Then, it will be time to go home. I'll get to sleep in my own bed tonight. Have a nice day! Bye!



Written by Sierra Weiss

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Photos courtesy of Mary Ellen McDonough, RN Images courtesy of Pixabay°

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