

Going for a sleep study



maxiSHARE

Written by

This booklet was written and produced by the Down Syndrome Clinic and the Sleep Center at Children’s Hospital of Wisconsin. Thank you to Kathryn Burish (photo model), Suzanne Samphere (sleep technician), and Terri Couwenhoven (Down Syndrome Clinic Coordinator).

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Note to parents and caregivers:

The Down Syndrome Clinic designed this picture book to help prepare individuals with Down syndrome for a scheduled sleep study. Preparing patients ahead of time helps them know what to expect, which can reduce anxiety and improve their experience in the sleep lab.

How to use this booklet:

Introduce this story before your scheduled appointment. You can have the individual read the story or read it to him or her. Here is a suggested schedule:

4 to 6 weeks before appointment:

Read the story once a week. You can read it together or have them read it on their own.


2 to 3 weeks before appointment:

Read the story twice a week. Practice using stickers on head and/or body. For younger children, have them put stickers on a favorite doll or toy.

1 week before appointment:


Read the story each night. Practice using stickers on head and/or body. For younger children, have them put stickers on a favorite doll or toy. Add tape on the index finger to simulate the sensor.






When I get to the
sleep lab, I will
meet my helper.






The helper will
take me to my
room.






This will be
my bed.






My mom or
dad will sleep
close to me in
another bed.






My sleep lab
helper will
measure my
head.



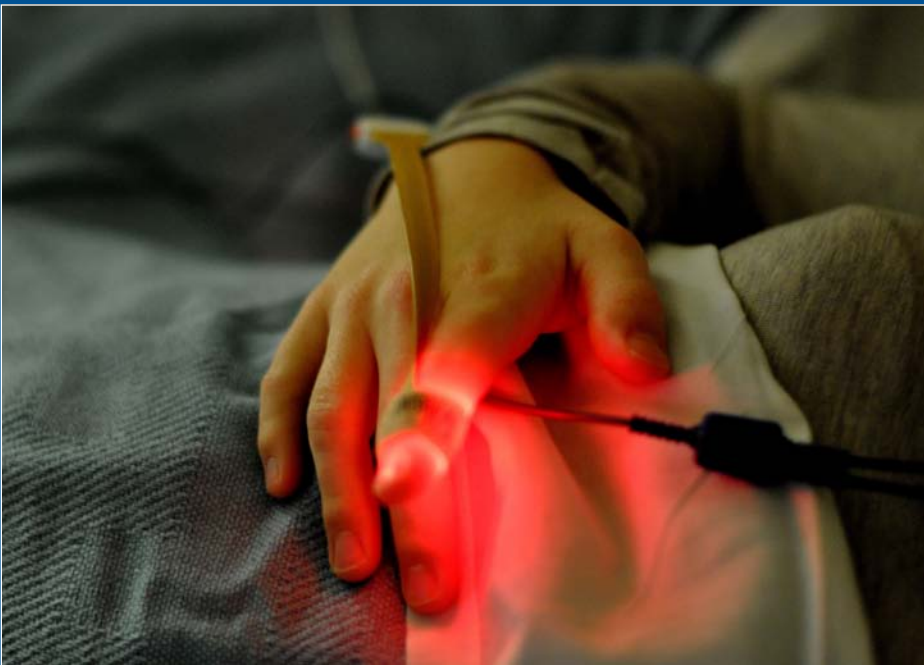



I can watch a
video while my
helper gets me
ready for my
sleep study.






My helper will
put stickers on
me. This doesn't
hurt. It just feels
funny.



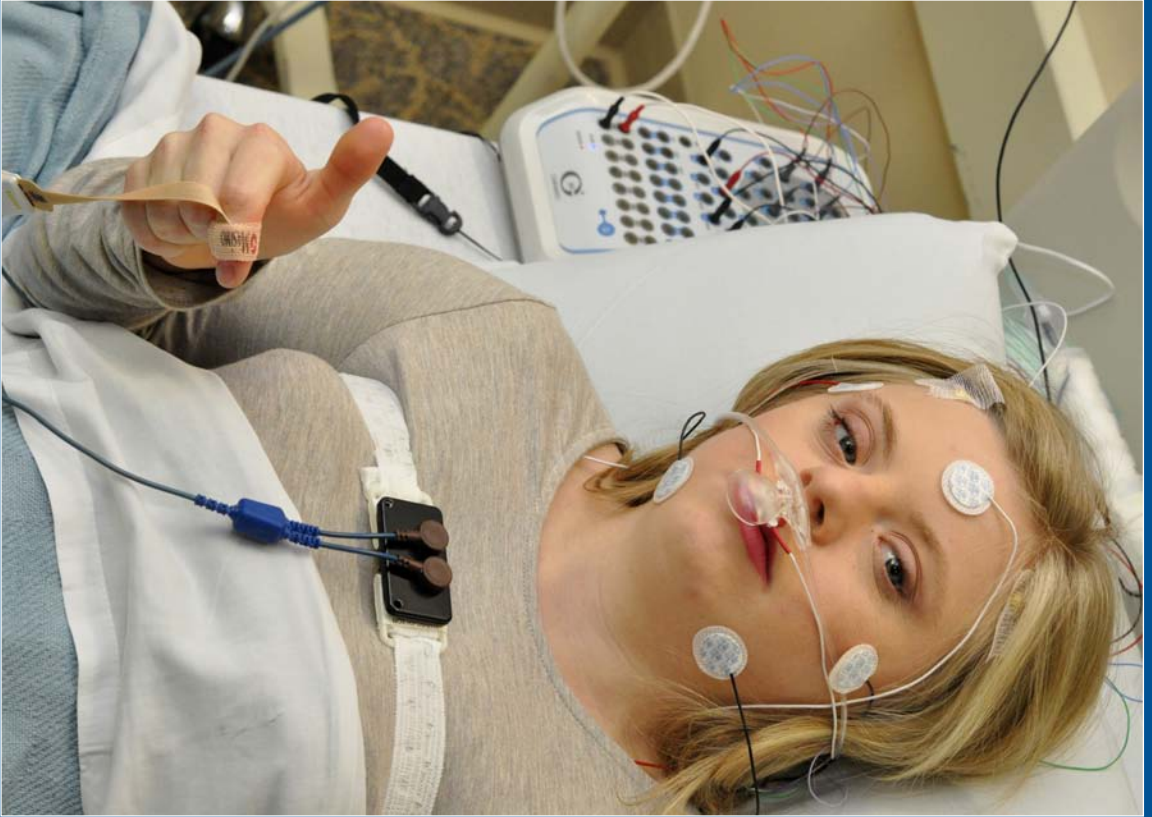



My helper will
put a light on
my finger that
glows in the
dark. So cool!



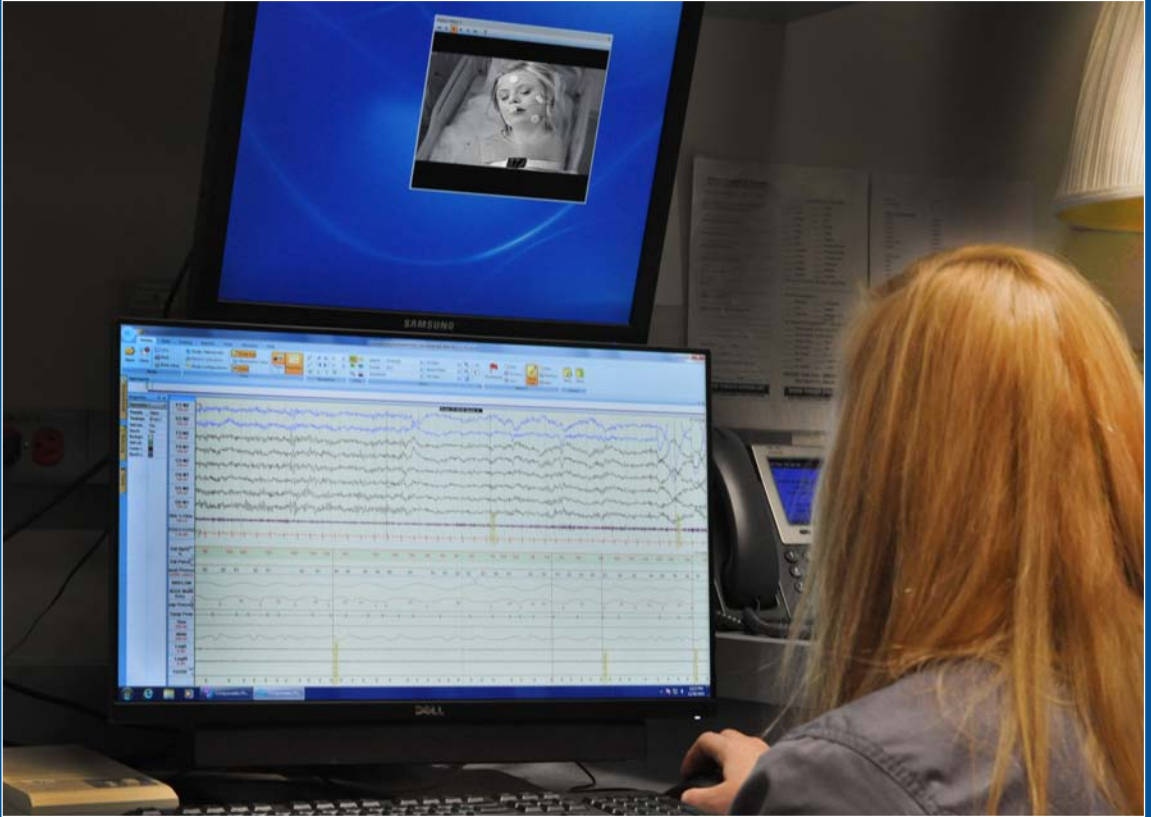



My helper will
help me put on
two sleep belts.






Now I am ready
to sleep! My
helper will turn
out the lights.






My helper will
be at her desk
nearby the
whole time I
am sleeping.






If a sticker falls
off while I sleep,
my helper will
come and put it
back on.






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





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





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





I am all done!





I did a great job!

To learn more about the Down Syndrome
Clinic at Children's Hospital of Wisconsin, visit:

<http://www.chw.org/medical-care/down-syndrome-clinic/>

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