

**I AM GOING TO CHILDREN'S MINNESOTA
TO HAVE A SLEEP STUDY.**

Children's[®]
MINNESOTA

A sleep study helps my doctor learn more about how my body works while I sleep. Kids of all ages do them. During my sleep study, nothing will hurt and my family member will be with me the whole time. This book talks about the different steps I will do to finish my sleep study.



Children's
Hospitals and Clinics
of Minnesota
Sleep Center



On the night of my sleep study, I will go to Children's Sleep Center with my family member for a sleepover. When we get there, we will check in at the front desk.



We will meet someone who helps me with my sleep study called a sleep technologist. The sleep tech will tell me about my sleep study and I can ask questions.



I will stand on a scale to see how much I weigh.

I will also stand next to the wall to see how tall I am. A measuring stick will gently touch the top of my head as I stand still.





The sleep tech will take us to the room where my family member and I will sleep. My room might look something like this. I can bring my things from home to sleep with like my favorite stuffed animal, blanket or pillow.



I will get a name bracelet to wear around my wrist or ankle. This bracelet helps the sleep tech know important information about me.



Next, I will do the things I normally do to get ready for bed like brushing my teeth, going to the bathroom and putting on my pajamas.

On the bed in my room, I will see special stickers, tape, belts and small gold buttons with colorful strings called electrodes that I will wear for my sleep study. Wearing these special items at night will give my doctor helpful information about how to help me sleep better. I can touch these things and ask questions.





I will sit in a chair while
two techs put on
everything I need to wear
for my sleep study.
My job is to hold still.
I can bring a special toy
from home to play with
while I sit.

The sleep tech will place two stickers on each of my legs. These stickers check how much my legs move at night.





The sleep tech will then place small stickers on my chest. These stickers count my heartbeat.

I will get two soft, stretchy belts to wear around my tummy and chest. These belts measure how much my chest and tummy move when I breathe.





Next, the sleep tech will put stickers on my face. The sleep tech will use special tape to help the stickers stay on while I sleep. I can smile and move my chin with these stickers on.



The sleep tech will place a sticker on my finger or toe that holds a tiny, red nightlight called a pulse oximeter. The pulse oximeter measures the amount of oxygen in my body.



The sleep tech will measure my head with a paper tape measure.

Dots will then be drawn on my head with a soft colored pencil to mark where the gold buttons with colorful strings will go. These gold buttons record important information about my sleep.





The tech will then use a Q-tip to gently rub special soap to clean each marked spot. Some kids say the soap feels sandy.

Once the spots are cleaned, the sleep tech will use a special gel pen to squirt gel on each spot. Some kids say it feels cool. Then the tech will gently place the gold buttons with colorful strings on each of these gel spots. The gel helps the gold buttons stay in place while I sleep.





The sleep tech will place a small sticker and soft tube at the bottom of my nose. This important tube looks at the air going in and out while I breathe. I can breathe comfortably with this tube on. If I need to take it off for a short break to drink a glass of water or kiss my family member goodnight I can.

I will wear a stretchy hat
to help everything stay in
place while I sleep.





All of the colorful strings from my gold buttons connect to a special box. This box sends important information about my sleep to a computer.

Once I have everything on, I will finish getting ready for bed. I can do all the things I normally do before bed, like reading a book, singing a song and snuggling with my family member.





My family member will sleep in the same room with me and will be with me all night.
A sleep tech may come in to check on my stickers while I sleep. This is okay.
I am safe and can go back to sleep.



In the morning, the sleep tech will use a special lotion to take my gold buttons and stickers off my body. I can help take these off if I want.



After everything is off,
the sleep study will be
done and I will go home.
I can feel proud that I
finished it!

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