

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



The Kid Experts®

A sleep study helps my doctor learn 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.



On the night of my sleep study, I will go to Children's Minnesota Sleep Center with my family member for a sleepover. When we get there, we will meet someone who will help 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 and pillow.



I will get a name bracelet to wear around my wrist or ankle. If I want, it can be taped to my door instead. 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 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 one or 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.



The sleep tech will use a Q-tip to gently rub special soap on small areas of my face where stickers will go. Some kids say the soap feels sandy.

The sleep tech will then put four stickers on my face, one sticker behind each of my ears, and two stickers under my chin. These stickers help the doctors see how well I am sleeping. 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 around 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 tape measure.





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

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





Once the spots are cleaned, the sleep tech will use a special white paste to gently place the buttons with colorful strings on each of these spots. The paste helps the buttons stay in place while I sleep. Some kids say the paste feels sticky.

The sleep tech will place a soft tube at the bottom of my nose.

They will use two small pieces of special tape to help keep the tube from moving while I sleep.

This important tube measures the air going in and out while I breathe. I can breathe normally with this tube on. I can easily drink from a straw if I'm thirsty and can still kiss my family member goodnight.



The sleep tech will put a small rubber circle on my neck called a snore mic. The sleep tech will put a piece of special tape over this circle to help it stay on while I sleep. This rubber circle checks if I am snoring while I sleep.





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

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





Once I am in bed, the sleep tech will place one last small sticker on my chest, arm or back that measures my breathing while I sleep. This special sticker has a small red light that glows just like the sticker on my finger or toe.

After 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 a
family member.





My family member will sleep in the same room with me and will be with me all night. The sleep tech may come in and check on my stickers while I sleep. This is okay. I am safe and can go back to sleep. If I need to go to the bathroom in the middle of the night, I can and my family member will help me.

In the morning, the sleep tech will use a special wipe to take the 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!

TO SCHEDULE A SLEEP STUDY OR FOR ANY QUESTIONS,
please contact the Children's Minnesota Sleep Center at 651-220-6256.



The Kid Experts®