When you come for your sleep study, you and the person who brings you will come to entrance 2.
You will check in at this desk. They may ask for your name and some other information about your health.

Then you will wait in this area for your name to be called.
Sleep Room

The next room you go to will look like this. This is the room that you will sleep in. It has a TV, table, chairs, and bathroom. The person who came with you will stay in this room too.
Do you have a favorite stuffed animal, pillow, blanket, music player, DVD, book, or other comfort item? Bring it with you! We also recommend bringing 2-piece pajamas. (No footie PJs please 😊)
Getting Ready to Sleep

When it is time to get ready to sleep, you will sit in a chair that looks like this. Next, a person called a technician will measure your head and use a soft red crayon to make little marks on your head. These marks help us remember where things go.
Electrodes

Next, the technician will put little buttons on your head. These buttons are called electrodes. They are held in place with special paste and soft cloth. They should not hurt. These electrodes help us see how you sleep.

Some kids have electrodes put on their legs too. If you get some on your legs, it will help us see if you wiggle in your sleep.
Rainbow Strings

The electrodes are attached to rainbow strings. Some kids say the strings make them feel like they have rainbow hair!
Next, the technician will put a few stickers on your chest. These stickers are called leads. They let us listen to your heart while you sleep.
Here are a few other things you will wear to help us see how you breathe while you sleep.

**Pulse Oximeter**
This is a pulse oximeter.
It is like a Band-Aid that glows.

**Chest Belt**
This is a chest belt. It gives your body a hug.

**Nasal Monitor**
This is a nasal monitor.
It looks like a clear mustache.
Some kids like to listen to music, read a book, or watch TV while they are getting ready to sleep. What would you like to do?
The technician might give you a soft hat to wear while you sleep. This will cover the electrodes.
Time to Sleep!
When the test is over, the technician will help take everything off of you and you will go home!
Questions?

Remember this is your body, and if you have any questions you can always ask your family, technician, child life specialist, or sleep specialist. We are all here to help!