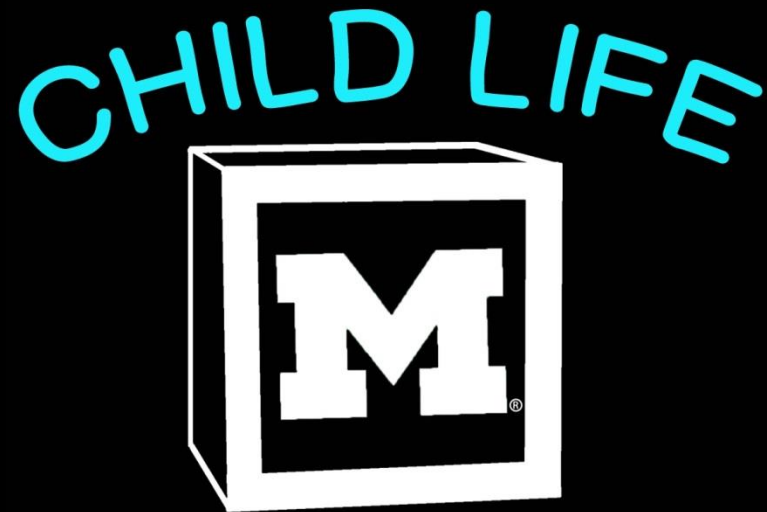


Sleep Study Preparation



Ann Arbor Med Inn Sleep Disorders Lab

comfort ★ coping ★ education

Check-In



When you come for your sleep study you will go to the 7th floor. You will check in at the desk and 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.



What should I bring?



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!

EKG



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 breath while you sleep.



Pulse Oximeter

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

Chest Belt

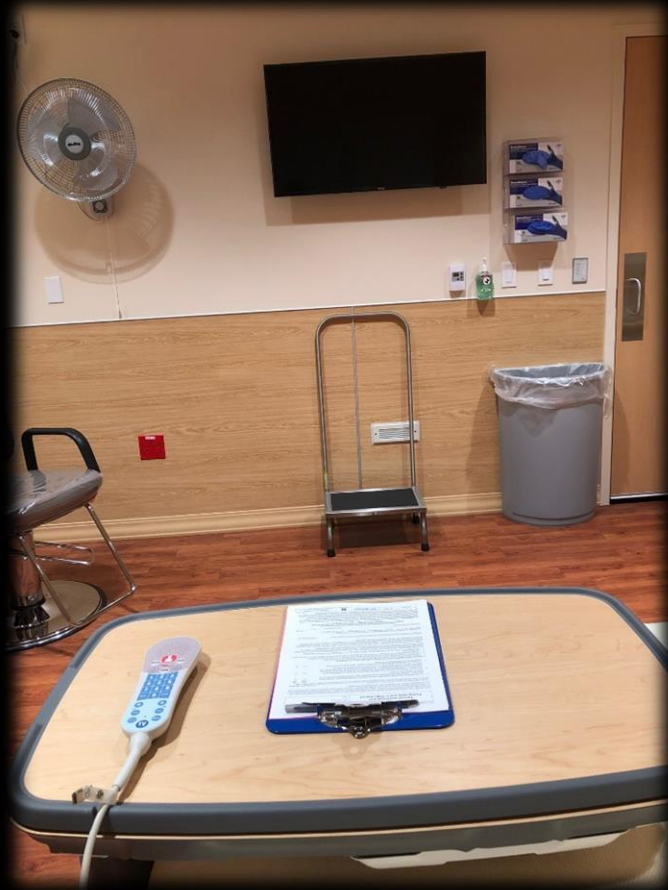
This is a chest belt. It gives your body a hug.



Nasal Monitor

This is a nasal monitor.
It looks like a clear mustache.

Things to Do



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?

Soft Hat



The technician might give you a soft hat to wear while you sleep.
This will cover the electrodes.

Time to Sleep!



Going Home



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!

Image Sources

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