

My Sleep Study



Produced by the Down Syndrome Program
and The Center for Pediatric Sleep Disorders



**Boston
Children's
Hospital**

Until every child is well™

The Down Syndrome Program has developed this booklet to help prepare children and young adults for their upcoming sleep studies. The hope is that improved preparation before arriving will help improve the experience of having a sleep study.



We have developed a story that your son or daughter can read (or have read aloud to him or her) to help prepare. Through its pictures and descriptions, the story provides a walk-through of a night in the sleep laboratory. Our goal is to help your child become familiar with the sleep lab procedure, so that the night of the appointment will be as comfortable as possible.

We recommend that you begin to use the sleep study story four to six weeks before your scheduled appointment, with increasing frequency as the date approaches. We also recommend that you try to simulate the conditions and stimuli your son or daughter will encounter. On the next page is a suggested schedule.

4 to 6 weeks before:

- Read the story once a week. Either read it together, or have your child read it by himself or herself.

2 to 3 weeks before:

- Read the story twice a week. Either read it together, or have your child read it by himself or herself.
- Use stickers to practice having electrodes placed on the head and body.
- For younger children, practice putting stickers on a stuffed doll or toy car.

1 week before:

- Read the story each night. Either read it together, or have your child read it by himself or herself.
- Use stickers to practice having electrodes placed on the head and body.
- Place tape on your child's index finger to simulate the sensor placed on fingers.

The schedule above is just an example of how you can help prepare your child for their sleep study. In the end, what is most important will be helping your son or daughter feel familiar with the procedure. That way, when the time comes, it will not be as foreign or uncomfortable.

If you have questions or concerns, please call the Down Syndrome Program at 857-213-4329

Good luck and we look forward to seeing you soon!

—The Down Syndrome Program Staff



**I will arrive
at Boston
Children's
Hospital**





Boston Children's Hospital

Until every child is wellSM




**I will take the
elevator to the
9th floor.**






**I will meet the
sleep technician
who will be my
friendly helper.**






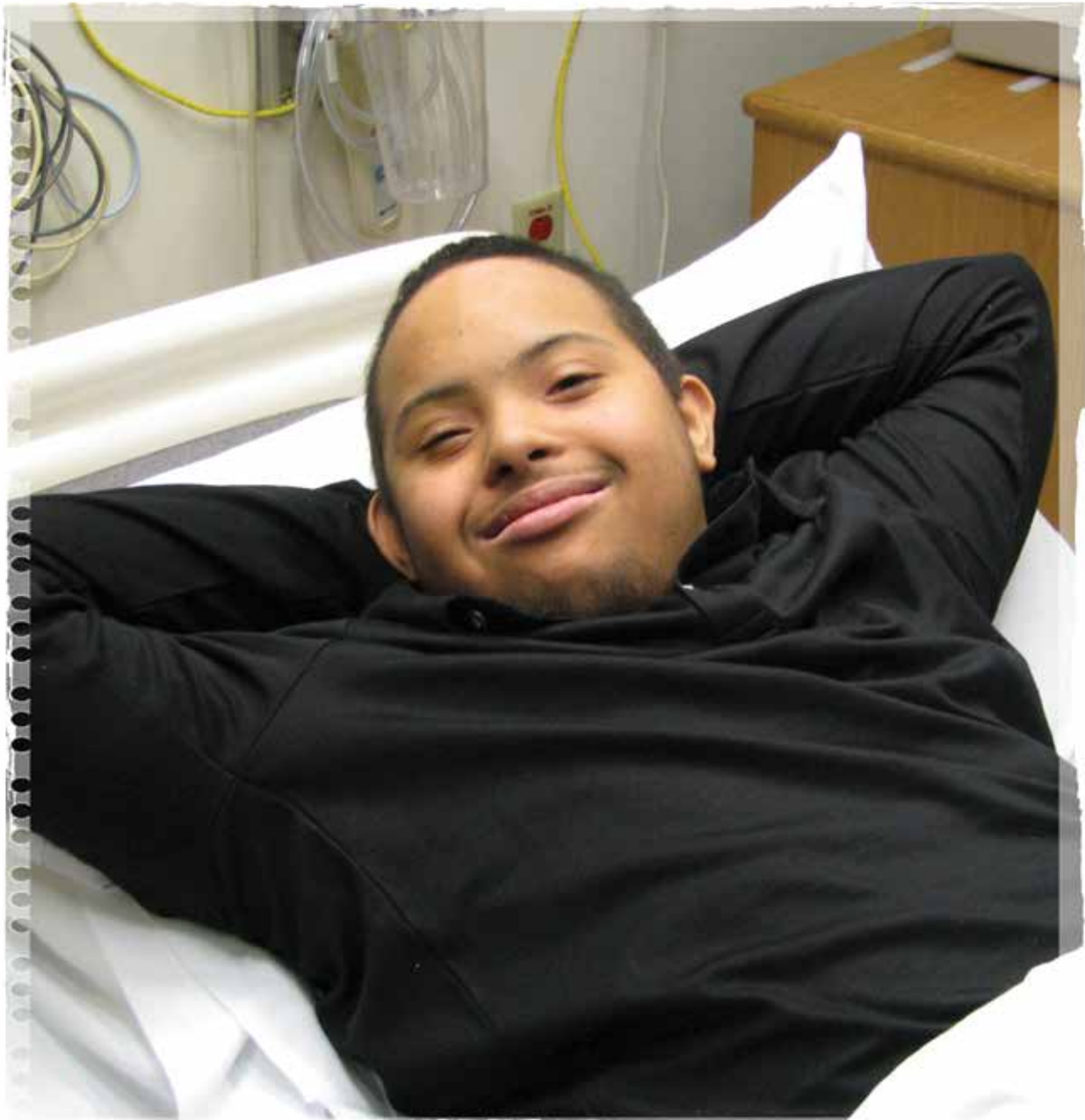
**My friendly
helper will show
me my room.**








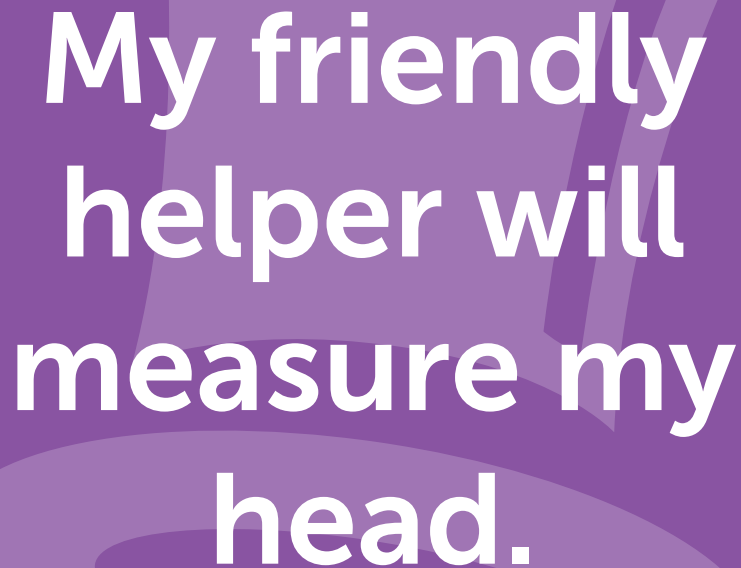
**This will be
my bed.**





**My mom or
dad will sleep
next to me in a
separate bed.**






**My friendly
helper will
measure my
head.**




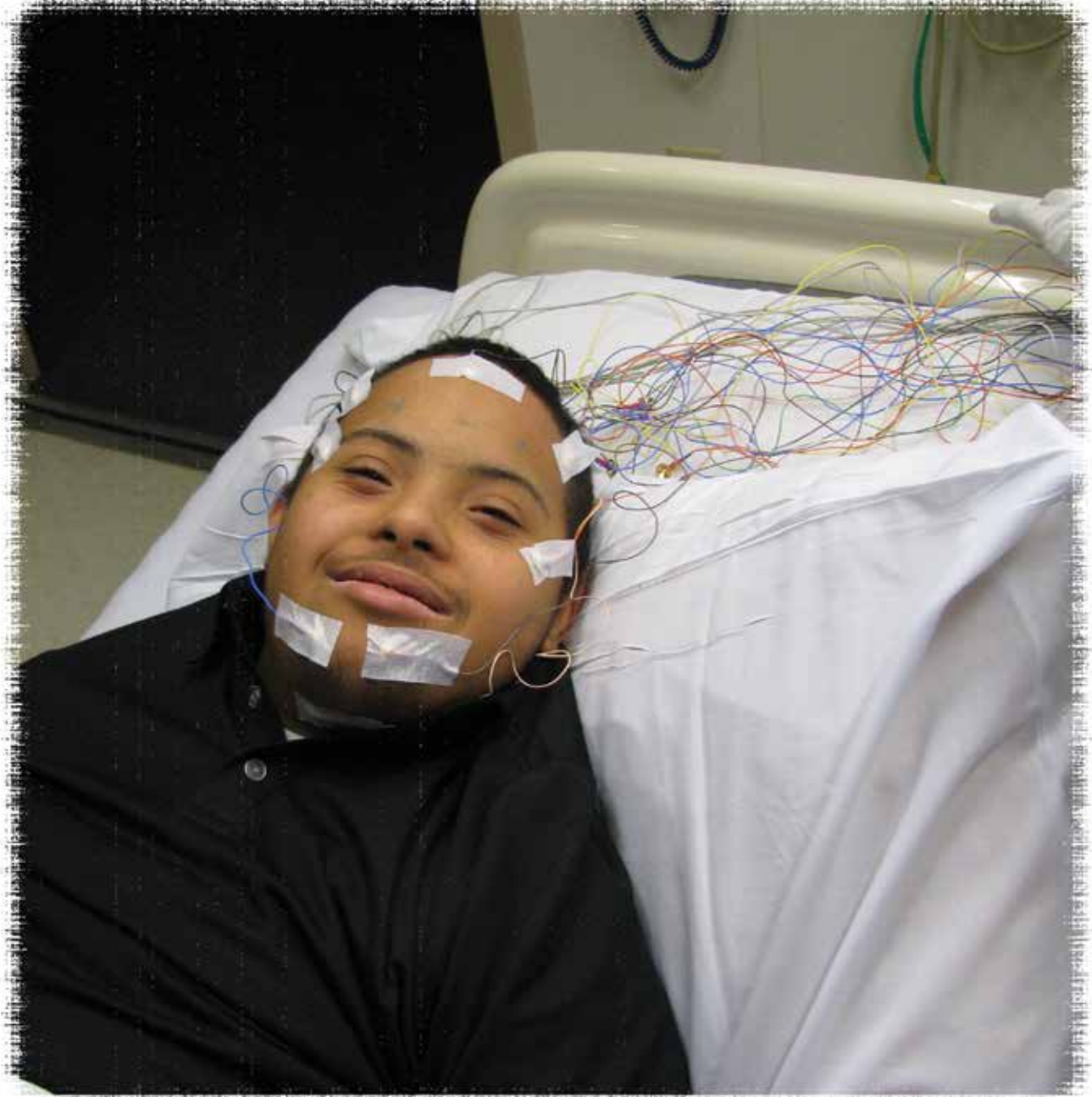
**My friendly helper
will get me ready;
I can play or watch
a video while I'm
getting ready.**






**My friendly
helper will put
stickers on me.**








**My friendly
helper will put
a light on my
finger that glows
in the dark. It will
be fun!**





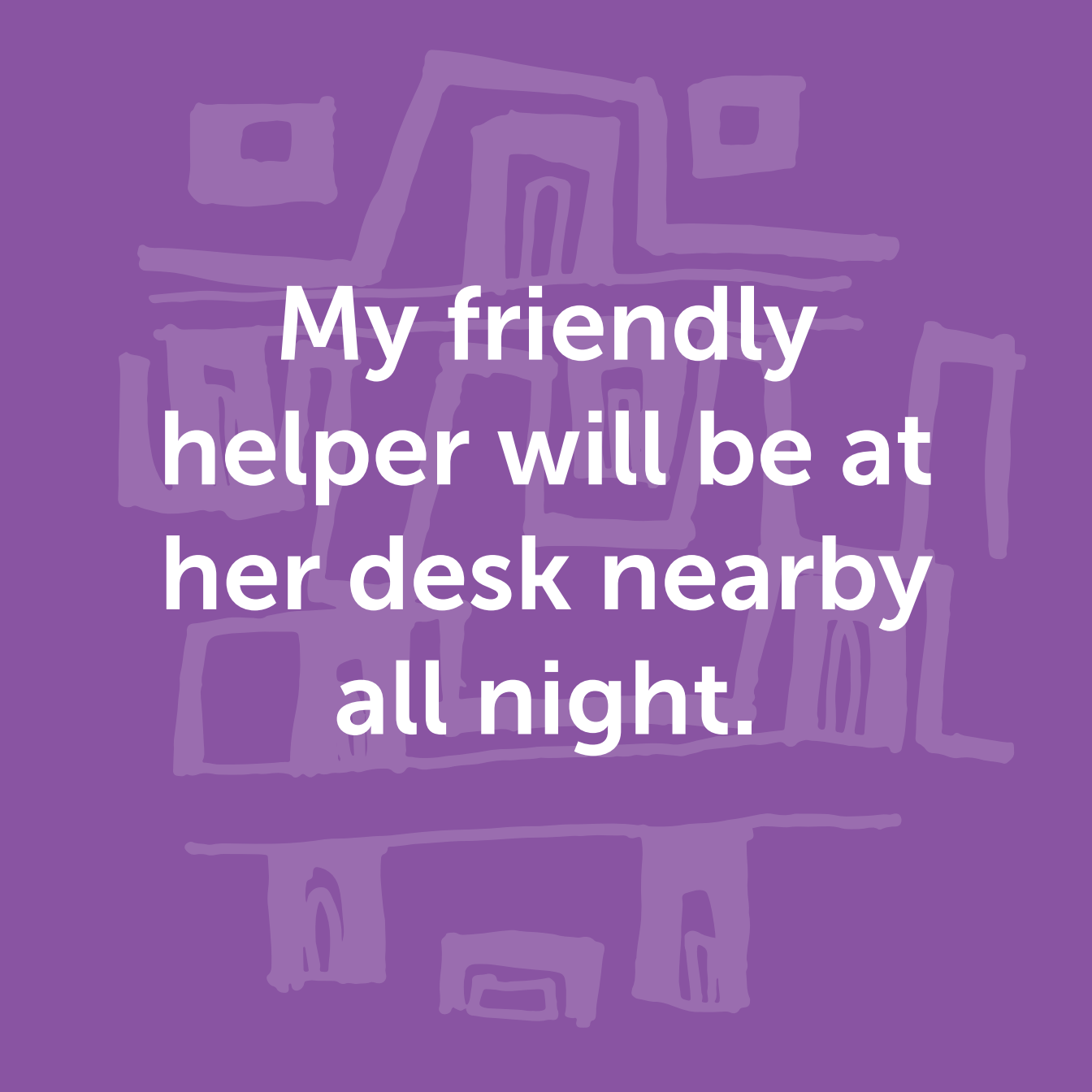


**My friendly
helper will
help me put
on two sleep
belts.**




**I am ready for
bedtime! My
friendly helper will
turn off the lights.**






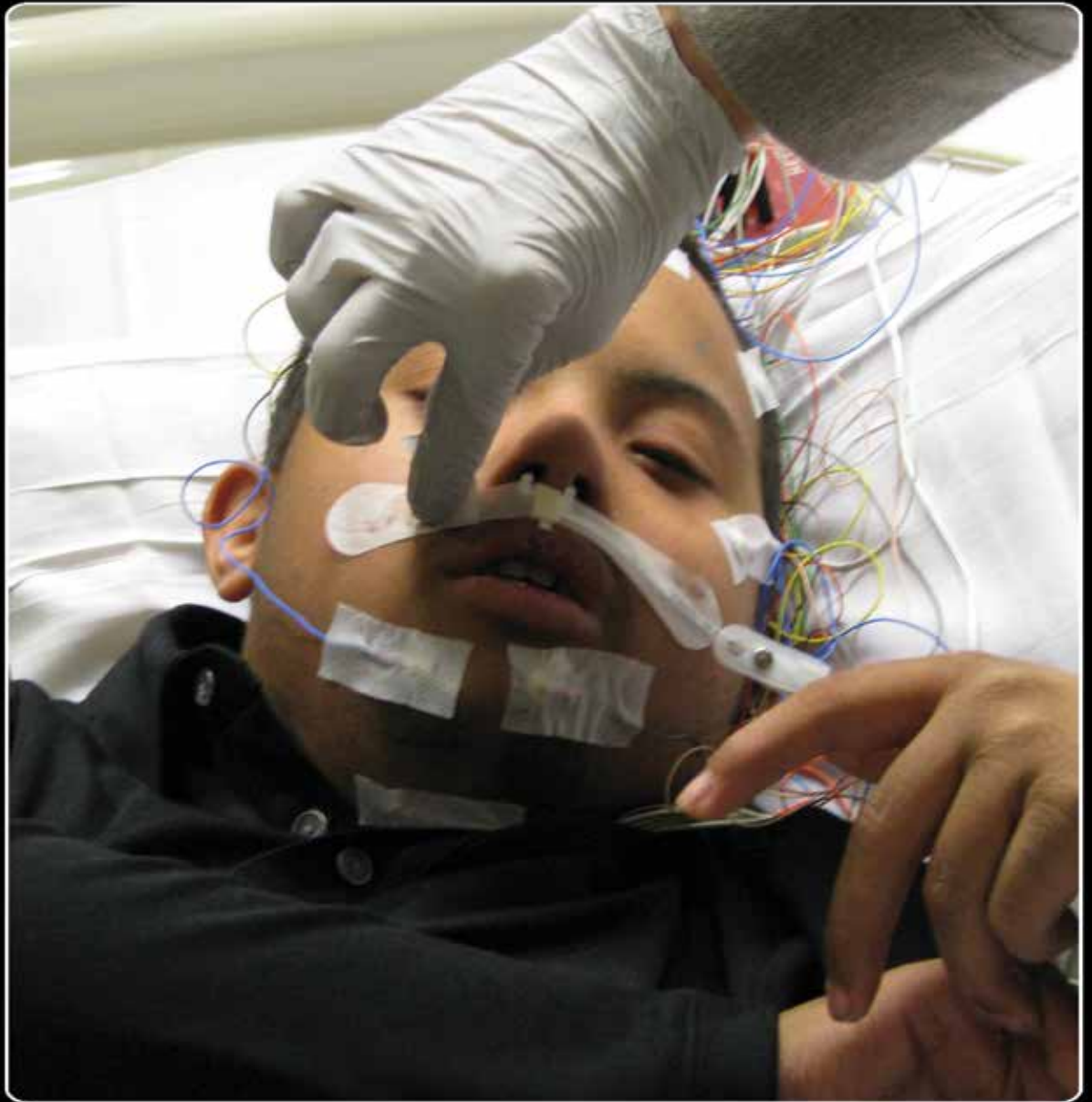
**My friendly
helper will be at
her desk nearby
all night.**







If any of the
stickers fall off
while I'm sleeping,
my friendly helper
will come in to put
them back on.



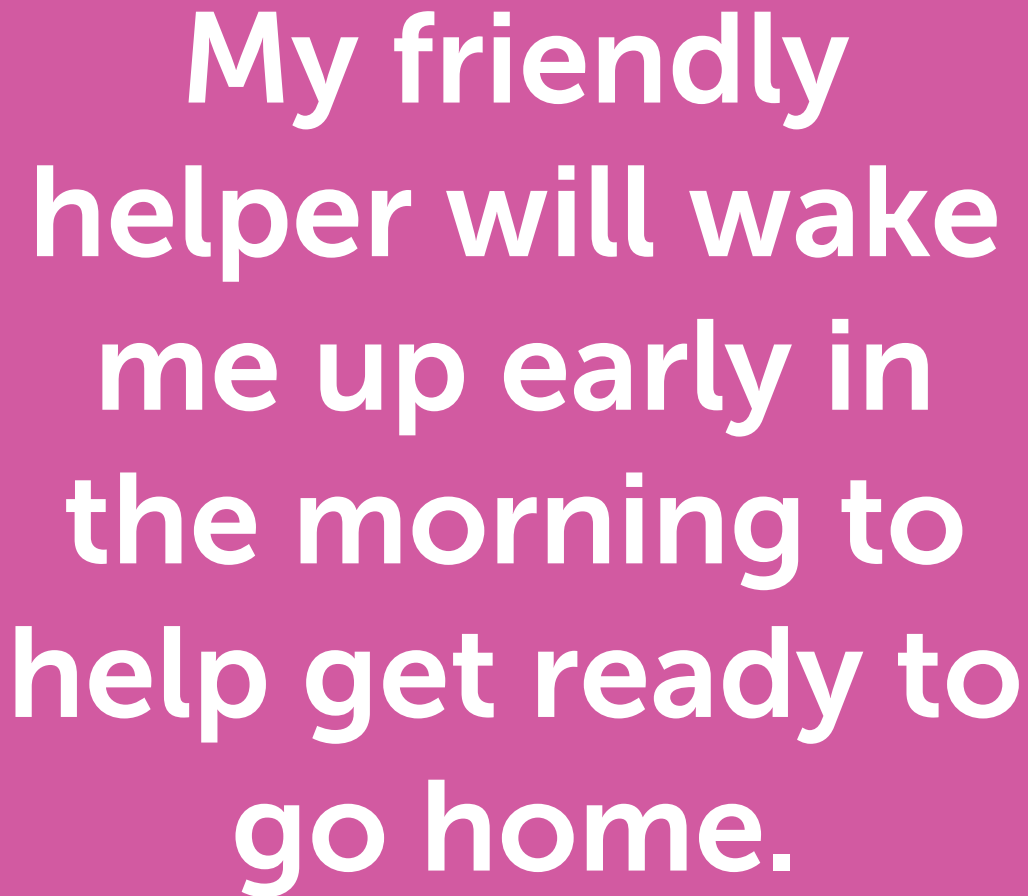




**There might
be a special
light to help my
friendly helper
see in the dark.**







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







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

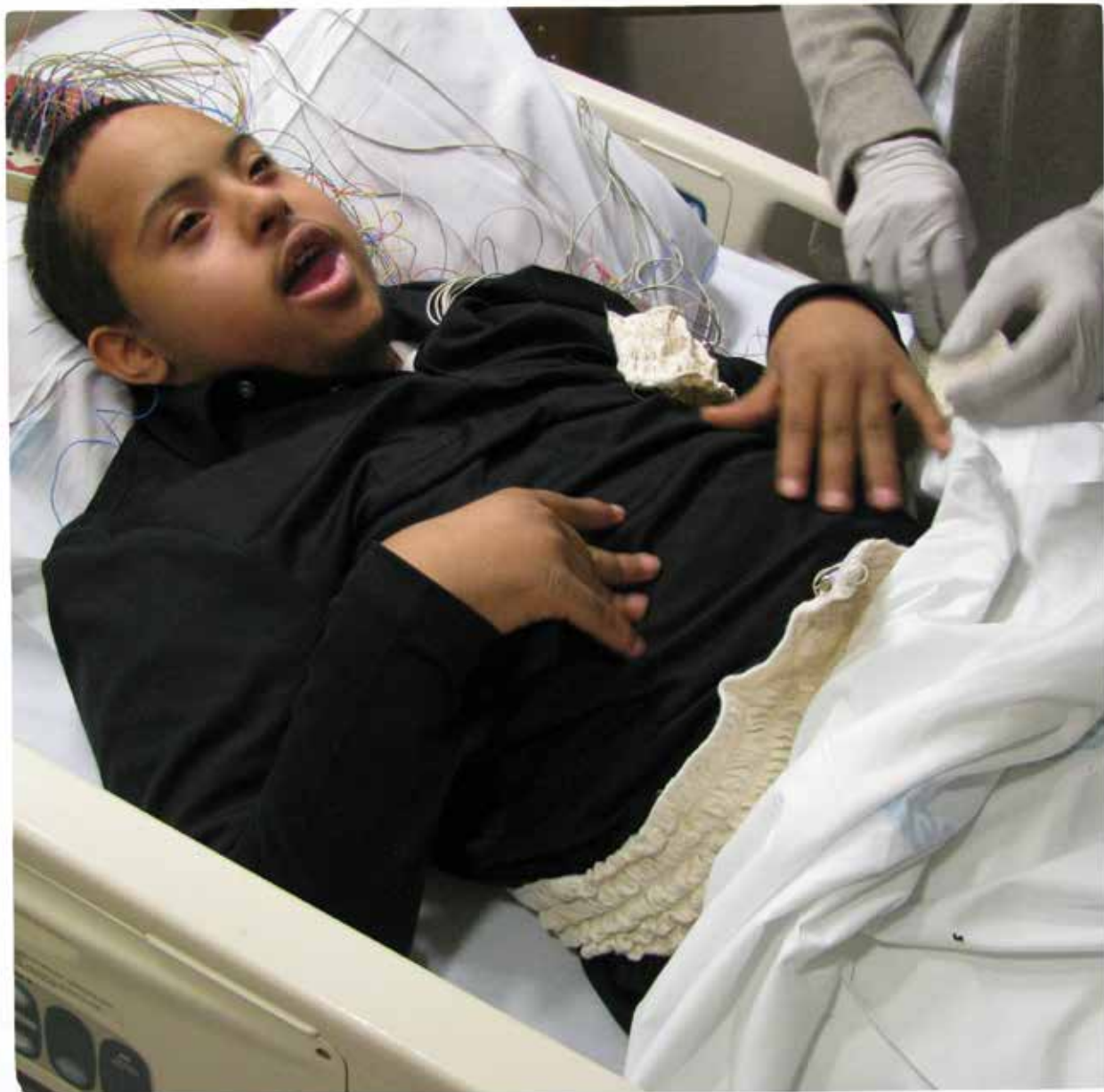






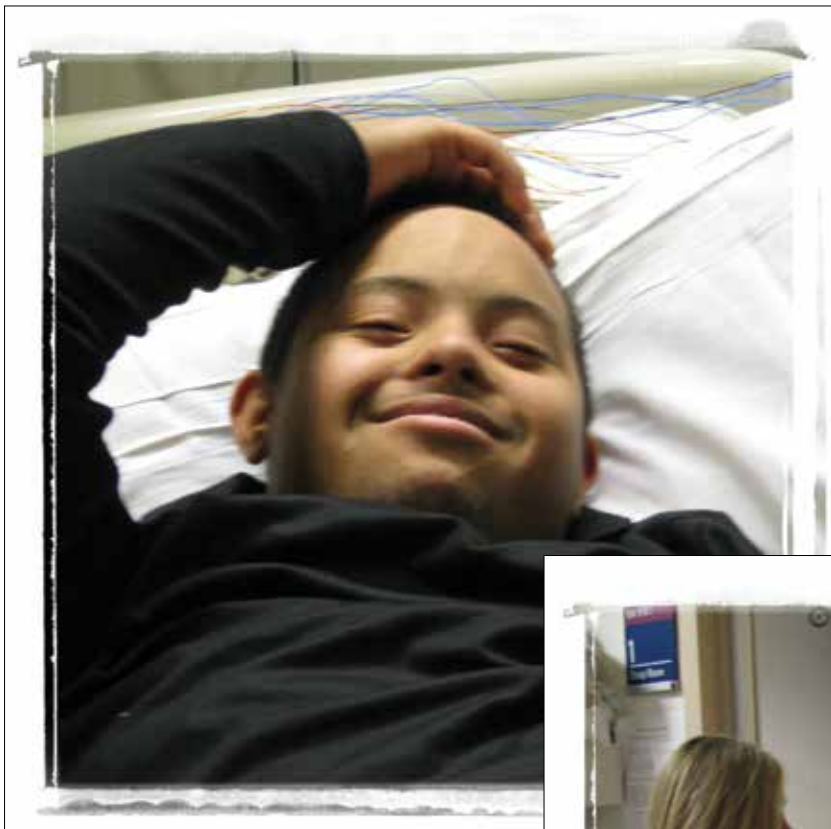
**My friendly
helper also will
take off my belts
and the light on
my finger.**







I am all done!





**I did a
great job!**



**[spot for my
photo!]**

My Sleep Study was written and produced by the Boston Children's Hospital Down Syndrome Program, including Gil Weintraub (research assistant 2010-2011), Angela Lombardo, Down Syndrome Program Coordinator and Emily Jean Davidson, MD, MPH, Down Syndrome Program Clinical Director.

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www.childrenshospital.org/downsyndrome