Going for a sleep study
Note to parents and caregivers:

The Down Syndrome Clinic designed this picture book to help prepare individuals with Down syndrome for a scheduled sleep study. Preparing patients ahead of time helps them know what to expect, which can reduce anxiety and improve their experience in the sleep lab.

How to use this booklet:

Introduce this story before your scheduled appointment. You can have the individual read the story or read it to him or her. Here is a suggested schedule:

4 to 6 weeks before appointment: Read the story once a week. You can read it together or have them read it on their own.

2 to 3 weeks before appointment: Read the story twice a week. Practice using stickers on head and/or body. For younger children, have them put stickers on a favorite doll or toy.

1 week before appointment: Read the story each night. Practice using stickers on head and/or body. For younger children, have them put stickers on a favorite doll or toy. Add tape on the index finger to simulate the sensor.
When I get to the sleep lab, I will meet my helper.
The helper will take me to my room.
This will be my bed.
My mom or dad will sleep close to me in another bed.
My sleep lab helper will measure my head.
I can watch a video while my helper gets me ready for my sleep study.
My helper will put stickers on me. This doesn’t hurt. It just feels funny.
My helper will put a light on my finger that glows in the dark. So cool!
My helper will help me put on two sleep belts.
Now I am ready to sleep! My helper will turn out the lights.
My helper will be at her desk nearby the whole time I am sleeping.
If a sticker falls off while I sleep, my helper will come and put it back on.
My helper will wake me up early in the morning to get me ready to go home.
My helper will use something wet to take off my stickers.
My helper will take off my belts and the light on my finger.
I am all done!
I did a great job!
To learn more about the Down Syndrome Clinic at Children’s Hospital of Wisconsin, visit: