Going to get my sleep mask
This booklet was written and produced by the Down Syndrome Clinic and the Sleep Center at Children’s Hospital of Wisconsin. Thank you to Kathryn Burish (model), Korina Flint (respiratory therapist), and Terri Couwenhoven (Down Syndrome Clinic Coordinator).

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Note to parents and caregivers:

The Down Syndrome Clinic has developed this booklet to help prepare individuals with Down syndrome for CPAP use. This book uses pictures to help patients understand the purpose of the mask and why it will help them. Preparing them ahead of time can help them know what to expect, reduce anxiety, and improve compliance with using a mask.

How to use this booklet:

We recommend that you introduce this story once a sleep problem is identified and before your scheduled appointment for a sleep mask.

You can have the individual read the story, or you can read the story to him or her.
People wear masks for lots of reasons.
The doctor told me I have a breathing problem when I sleep.

The mask and the machine I am getting will help me sleep better so I can be healthy.
There are many kinds of sleep masks. The masks people wear to help them sleep better are called CPAP or BiPAP® masks.
I may need to try on different masks to find the one that will work best for me.
Some sleep masks cover the nose. Other ones cover the nose and the mouth.
My helper will make sure the mask is just right for me.
My mask will need a hose that is connected to a machine.

The machine will blow air into the hose. It will feel like wind or a fan.
My helper will connect the machine to my mask. I will feel the air blowing inside my mask. The air in the mask helps me breathe better when I sleep.
After we find the right mask, my helper will let me get used to it at home while I am awake.

I will get to do something fun while I practice.
Now that I have my mask, I will have another sleep study to find out how much air I need when I sleep.
A few weeks after my sleep study, I will get a machine to use at home. Another helper will show me how to use it.
Because I have a breathing problem when I sleep, I will need to wear my mask all night every night.
Keeping the mask on will help me get the sleep I need.
When I get the sleep I need, I will have more energy and feel better!
To learn more about the Down Syndrome Clinic at Children’s Hospital of Wisconsin, visit: