



# Going for a sleep study



**maxiSHARE**

## Written by

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 (photo model), Suzanne Samphere (sleep technician), and Terri Couwenhoven (Down Syndrome Clinic Coordinator).

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# 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.



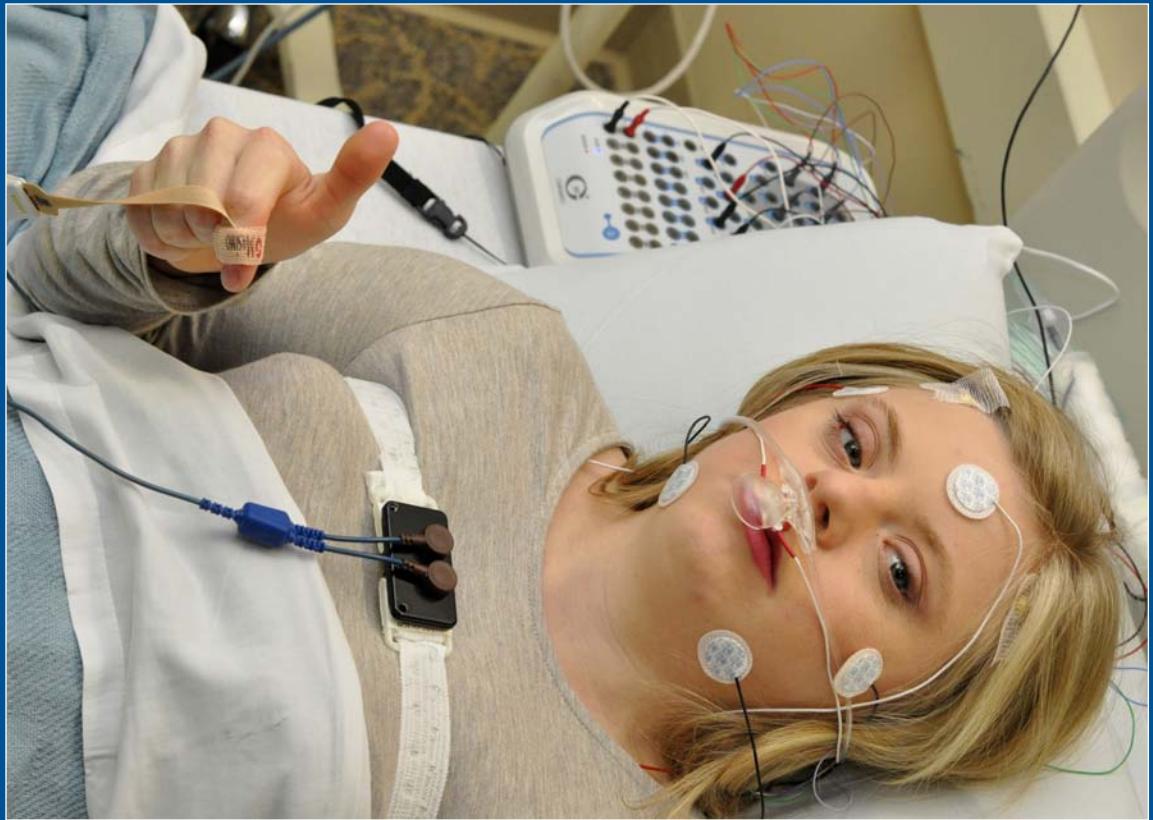


My helper will  
put a light on  
my finger that  
glows in the  
dark. So cool!



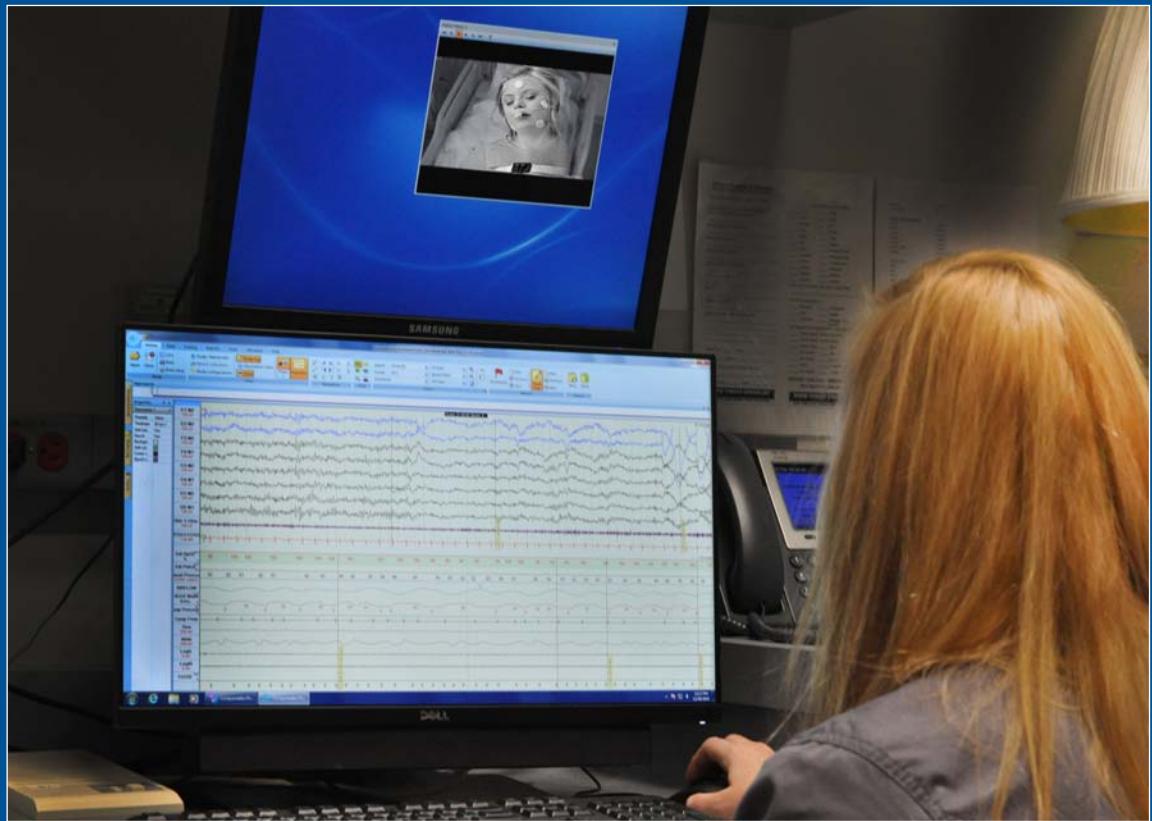


My helper will  
help me put on  
two sleep belts.



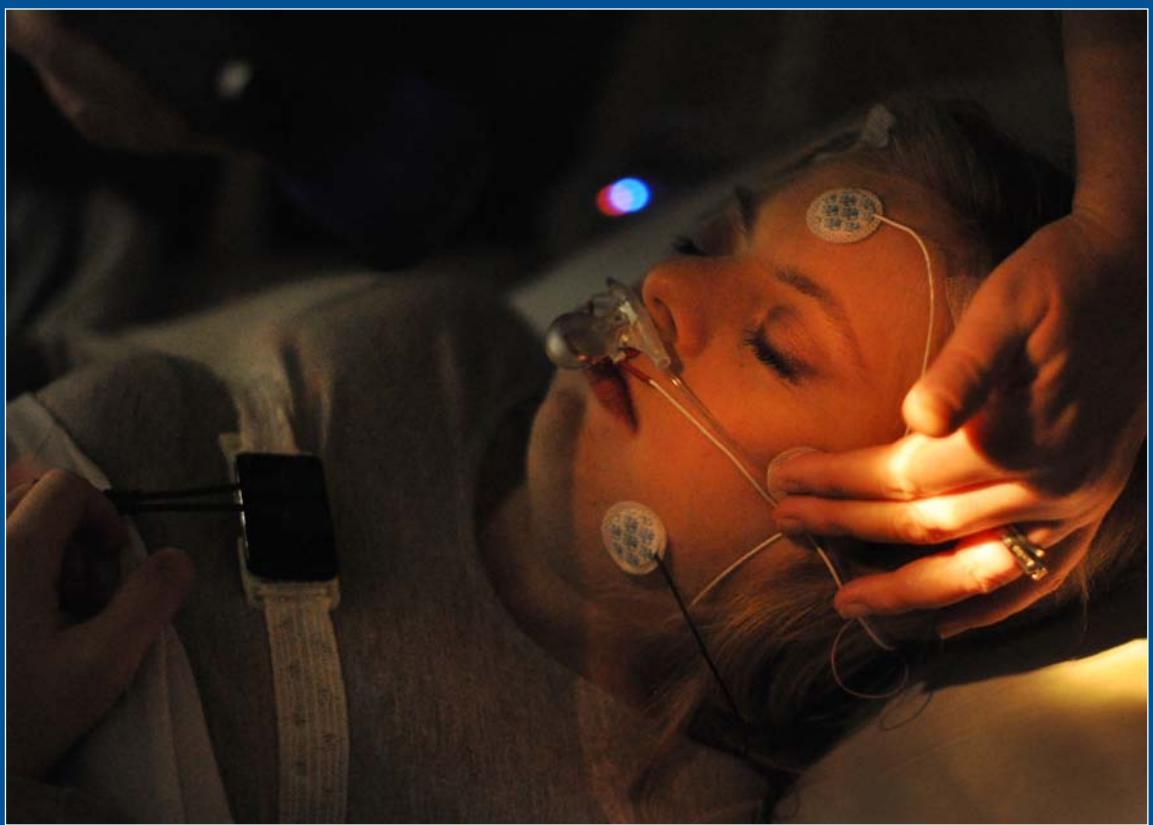


Now I am ready  
to sleep! My  
helper will turn  
out the lights.





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:

<http://www.chw.org/medical-care/down-syndrome-clinic/>

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