

Going to get my sleep mask



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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.



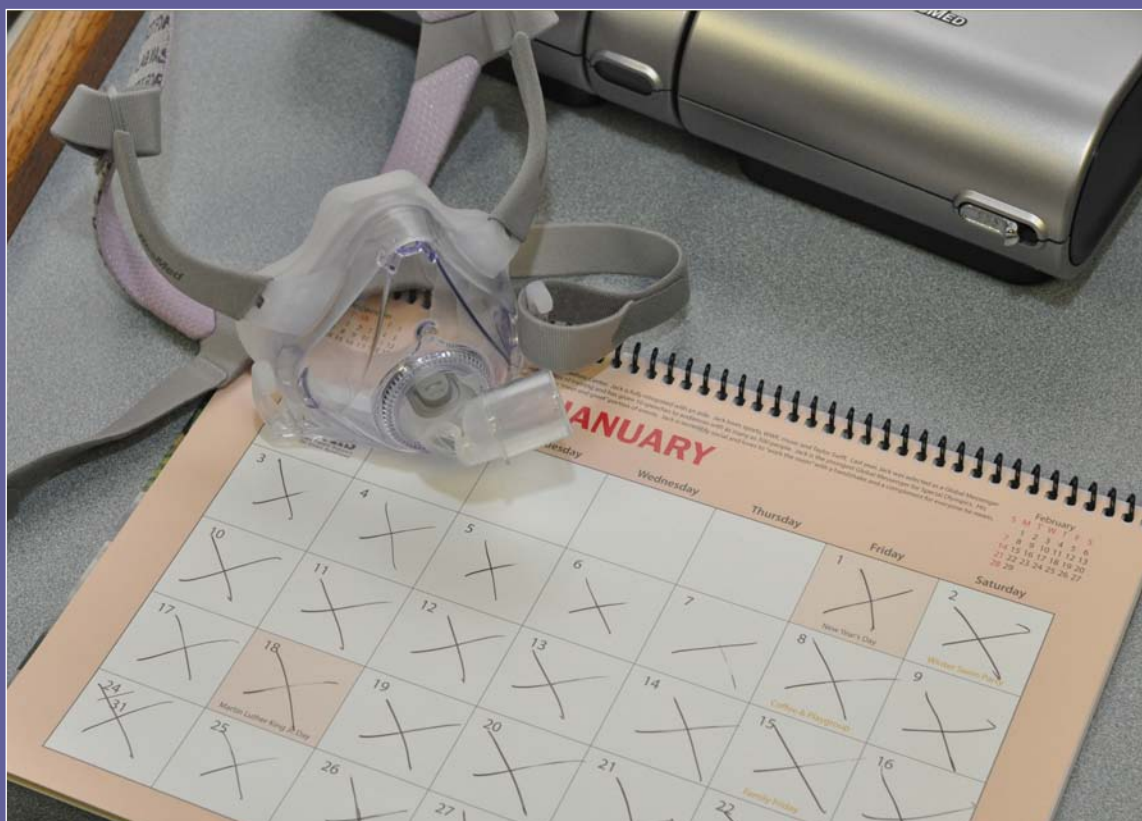



Now that I have
my mask, I will
have another
sleep study to
find out how
much air I need
when I sleep.






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:

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

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