

Going to get my sleep mask



maxiSHARE

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).

Layout and design

Brian Herteen—Product Developer, maxiSHARE

Pat Rogers—Photographer

Special thanks

This booklet was made possible through generous support from the **Jeremy Trau Research and Education Fund**, a fund created to support research and education projects at the Down Syndrome Clinic. For more information about supporting the Down Syndrome Clinic, contact the Clinic Coordinator at (414) 266-6259 or the Children’s Hospital Foundation at (414) 266-6100.

No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means, electronic, mechanical, photocopy, recording, or otherwise, without prior written permission from the publisher.

Printed in the United States of America.

Published and distributed by maxiSHARE.

© 2017 Children’s Hospital and Health System. All rights reserved.



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.



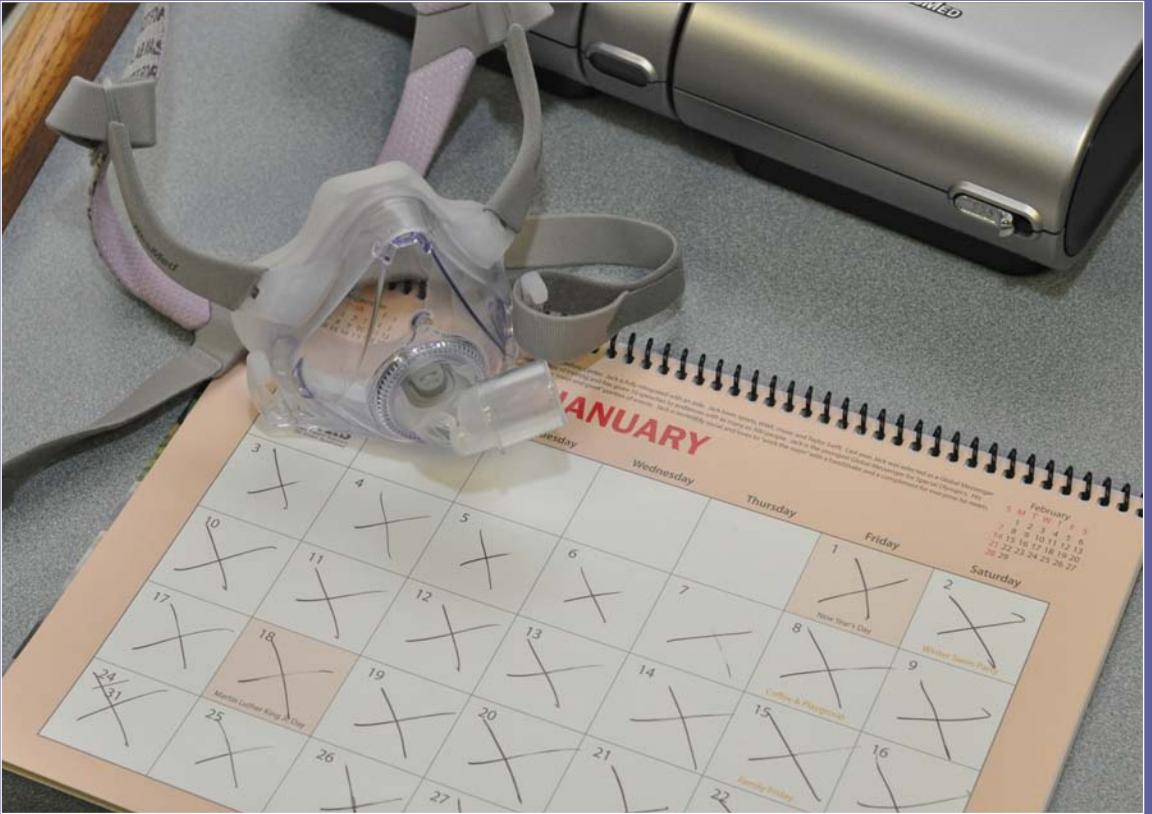


Now that I have
my mask, I will
have another
sleep study to
find out how
much air I need
when I sleep.





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/>

maxiSHARE



www.maxishare.com

PO Box 2041

Milwaukee, WI 53201

(800) 444-7747

Fax (414) 266-1540