

Social Stories
Sleep Study



**Nicklaus
Children's
Hospital**

Where Your Child Matters Most™



What is a sleep study?

This is a story about a sleep study, which helps doctors understand how people sleep.

I am getting ready for my sleep study at Nicklaus Children's Hospital so that my doctors can learn more about my sleep.

For a sleep study, I will stay overnight at the hospital.





How do I prepare to stay overnight at the hospital?

I can bring my pajamas.

I can bring my pillow.

I can bring my favorite toy.

I can bring my toothbrush.





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Where is the sleep study done?

The sleep study is done at the hospital.

I will arrive at the hospital with my caregiver, and we will take the elevator to the third floor.

We will follow the signs to the Sleep Lab.

At the reception of the Sleep Lab, a friendly person will check me in for my sleep study.





Who will prepare me for the sleep study?

The person that will help me prepare and get everything ready for the sleep study is called a sleep technologist or sleep tech.

The sleep tech will show me the room where I will be sleeping.

My caregiver will also come with me to my sleep study room to help me get ready.

My caregiver can sleep in the same room on their own bed.





How do I get ready for the sleep study?

I will change into my pajamas to get ready to go to sleep.

After I change into pajamas, the sleep tech will come in the room to get the study started.

I will lay down on the bed and the sleep tech will put some stickers called "electrodes" on different parts of my body.





What are electrodes?

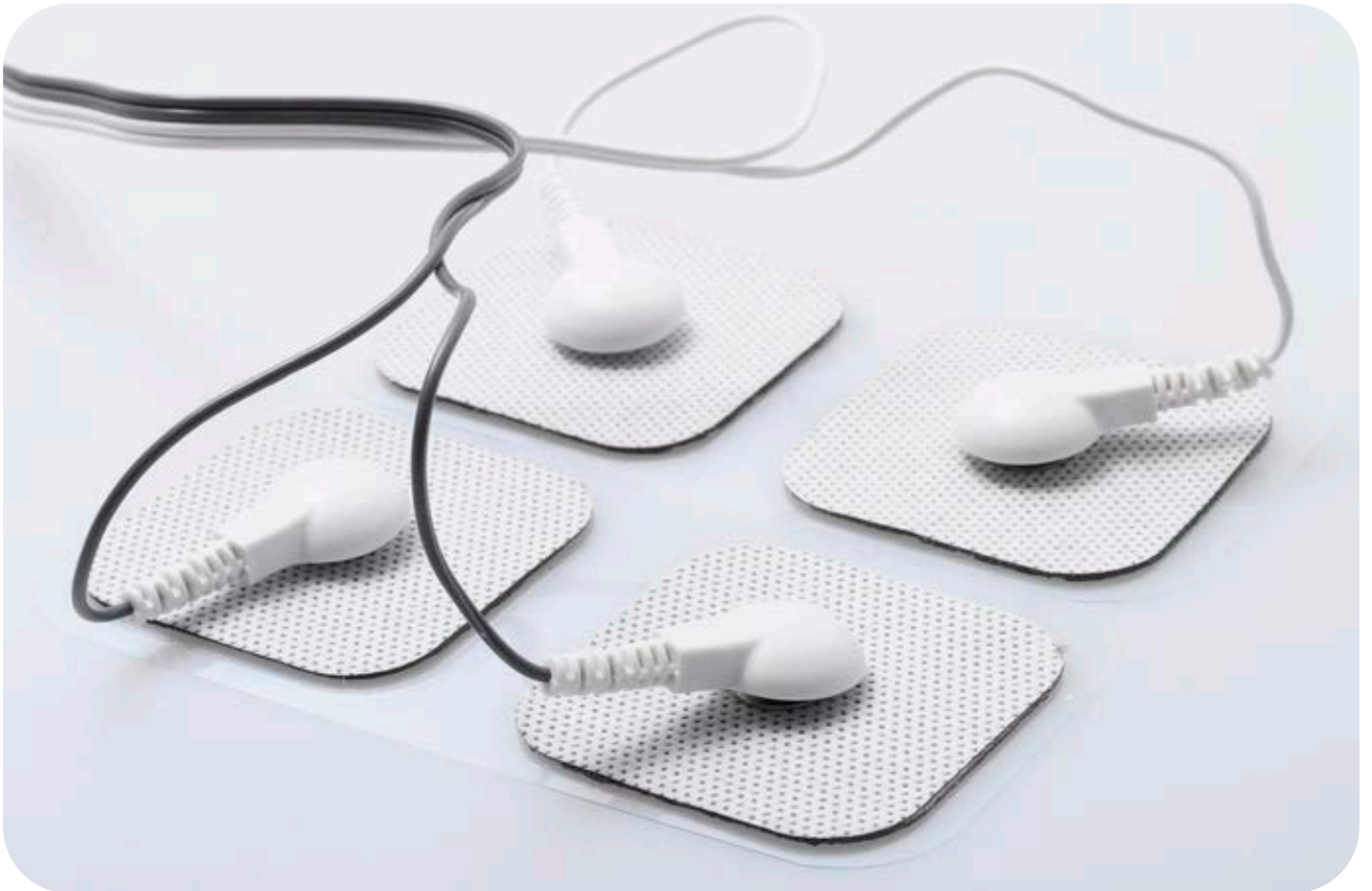
The electrodes are stickers attached to long colorful wires.

The stickers are how the doctor's collect information about what happens to my body when I am sleeping.

Placing the stickers on my body will feel a bit sticky.

The stickers will need to stay on me the whole night while I sleep.

In the morning after I wake up, the stickers will be removed.





Where on my body will I have stickers?

The sleep tech will place stickers:

- On my legs to measure my leg movements.
- On my chest to measure my heart rate.
- On my head to measure my brain activity.
- Next to my eyes to measure my eye movements.
- On my chin to measure my mouth movements.

I will stay still and follow the instructions from the sleep tech so they can put all of the stickers on correctly.





What else is needed for the sleep study?

The sleep tech will also place a small clip-on device with a red light on my finger.

This little machine is called a pulse oximeter

The pulse oximeter helps to check how fast my heart is beating.





To start the sleep study, go to sleep!

Now it is time to go to sleep!

The lights will be turned off in the room.

I will be comfortable because I brought my pillow, or my favorite toy to sleep with.

My caregiver will be sleeping next to me on their own bed.





What if I need to go to the bathroom?

If I need to go to the bathroom in the middle of the night, we will call the sleep tech.

The sleep tech will remove the stickers and other monitors before I go to the bathroom.

When I come back from using the bathroom, the sleep tech will need to place the stickers on my body again.





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What happens on the day after the sleep study?

In the morning I will wake up!

The sleep tech will come back to the room to help me take off the stickers.

Warm water is used to slowly peel off the stickers.

I will try to be still to make it easy for the sleep tech to gently take off all of the stickers.





When do I go home?

After all the stickers are removed I will change back into my regular clothes. My caregiver might talk with the doctor for a little while before we leave the hospital.

After that, I can go home!

Everyone will be so proud of me for doing a great job!





How does the medicine straw look?

The nurse is all done.

This is what it will look like.

The medicine straw will stay on my arm while I am at the hospital.





What does my medicine straw do?

The medicine straw helps my body.

If my body needs medicine, the nurse will connect the medicine straw tube to a machine that moves the medicine into my body.

I will do a great job keeping my body still and getting the medicine straw today to help my body be healthier.





When does the medicine straw come out?

I will not go home with my medicine straw.

When it is time to go home, the nurse will take off the tape and the medicine straw will slide out.

The nurse will put a band-aid where the medicine straw was.





I did a good job!

I was so brave and helped my body be healthier.

