What Is a Sleep Study?

This is a picture book to help children prepare for their sleep study.

Tips to help your child prepare for the sleep study:

- Review this book with your child on multiple nights before the sleep study.
- Remember, always be positive when talking about what will be done during the study.
- Answer any questions your child may have to the best of your ability. Encourage your child to ask questions of the sleep technologist on the night of the study as well.
- Assure your child that the study will not cause pain and that they will have a family member with them throughout the night.

Kids of ALL AGES have sleep studies.

When you come to the sleep lab you will have your own room with a bed or crib for you to sleep in for the night. There is a special chair in the room that can be used as a bed so your family member can stay with you all night.
Soon after you arrive to the sleep lab, the sleep technologist will bring in the wires needed for the sleep study. You may sit in a chair or on a family member’s lap during hook up. There will also be a television and an electronic tablet available for you to use.

The first step of hook up is to measure your head.

We will use a special pencil to make marks on your head.

We then use a Q-tip and some special soap to clean your head. This won’t hurt. It feels like a cotton ball cleaning your head.
The wires look like little spoons. At the end we will place a special jelly-like lotion that helps to hold the wires in place.

Two stickers will be placed on your chest to monitor your heartbeat. These same stickers will go on both legs, too. The wires will go up your pant leg and come out the top to keep them still while you’re sleeping.

You will have two stretchy belts to wear, one on your chest and one on your belly. There are wires that attach to each. These belts measure how much your chest and belly move while you’re sleeping. They need to be tight enough to stay on, but should not be uncomfortable.

Five small wires will be placed on your face by your eyes, chin, and on your forehead. Just like the ones on your head.
There is also one small wire on your neck to listen to you breathe or snore while you sleep.

Under your nose will be a little sticker with two small plastic pieces. A small plastic tube will go under your nose and then tucked behind your ear. We will put tape on your cheeks to make sure the tube stays still. This monitors your breathing while you sleep.

To hold all of the wires in place, you will wear a stocking cap on your head and around your neck.

The wires plug into a box that will sit on your bed next to you while you sleep. This sends messages to the computer in the other room.
Now that you’re all hooked up it’s time to go to sleep!

In the morning your test will be all done.

When the test is over, all of the stickers and wires will be removed. We have a special “sticky remover” that will help take off the tape. You may need a bath or shower afterwards to get off all the leftover tape.

Continuous positive airway pressure or CPAP

Some children need to wear a mask while they sleep to help them breathe. If your doctor would like you to wear a CPAP mask, you’ll get to choose one during your sleep study. There are many different types. We will help you find one that you like and that fits you well.
To Contact Us:

- We ask that you give as much notice as possible if needing to cancel your sleep study. To cancel call (573) 882-6973
- In the event that a study needs to be cancelled on the same day, please call (573) 771-9512
- For questions after 5pm (573) 884-7533

Additional Resources:

The American Academy of Sleep Medicine (AASM)
http://www.aasmnet.org/
http://www.sleepeducation.org/

National Sleep Foundation
https://sleepfoundation.org/

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