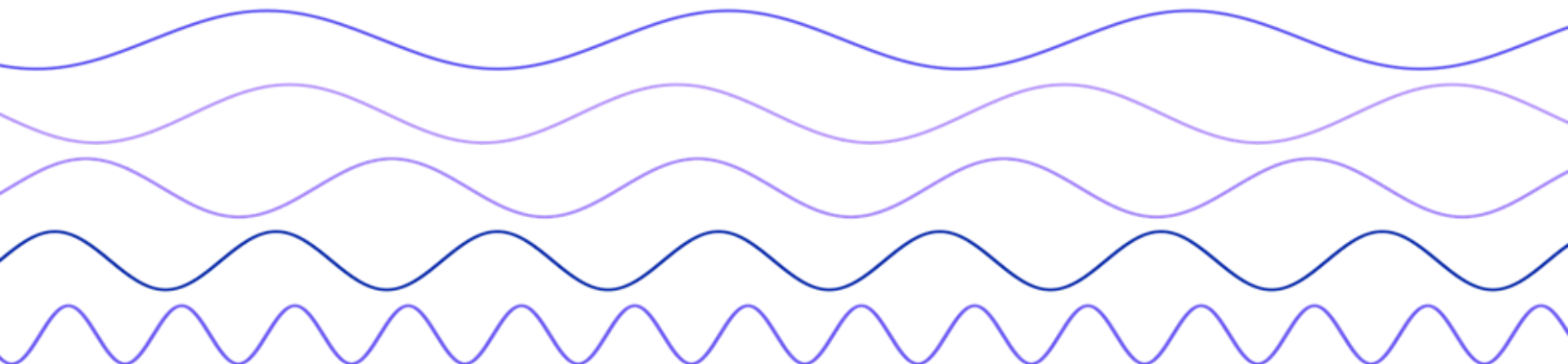




ALL ABOUT YOUR SLEEP STUDY

PREPARATION FOR A SLEEP STUDY AT
KENNEDY KRIEGER



WHAT IS A SLEEP STUDY?

A sleep study is a test that helps doctors learn about how your brain and body is working while you sleep. To do this, you will get some stickers on your head and body.



WHERE WILL I HAVE MY SLEEP STUDY?

Your sleep study will be at a place called Kennedy Krieger. Kennedy Krieger is a hospital where kids and teenagers come for all different reasons.



WE ARE EXCITED TO MEET YOU!

When you first come through the doors, you will check in at the front desk. Be sure to say "Hi!"



WAITING ROOM

You might have to wait a little in our waiting room. How many fish do you see in the fish tank?



Next, one of our techs will be down to bring you up to your room for the night!

SLEEP STUDY ROOM

This is the room you and your caregiver will be staying in for the night. This is also where you will have your sleep study.

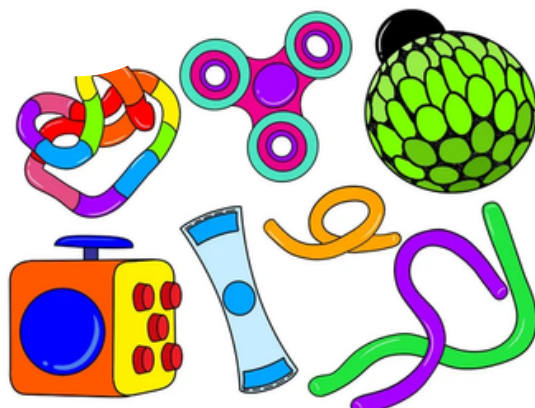


TIME TO GET YOUR STICKERS!

You can chose if you want to sit in a chair or the bed.
You can even sit with whoever is with you!



You can also pick what you want to do while you get your stickers! You can pick a toy, stress ball, watch a video, read a book, listen to music. If there is something you want from home, you can bring it with you.



STEPS OF THE SLEEP STUDY

Measure your head.
This helps to know
where to put the
stickers.



Use a marker to mark
all the spots where
the stickers go.

Clean the spots where the stickers go. This helps them stick easier! It might feel a little cold and scratchy.



Use cream to help the stickers stick.



Then, we wrap your head to keep all the stickers safe!



Next, a different kind of sticker will go on your legs and chest.

First, wipe!



Then, stick!



To measure your breathing while you sleep you will have:



Two stretchy belts. One on your chest and one on your tummy.

A sticker on your finger

This sticker even glows!
Can you guess what color it will glow?



A soft tube under your nose

Now you can relax, play, and get ready for bed!



In the morning, we will take off all the stickers and it will be time to go home!

