

My Sleep Study





I will have a sleep study at the hospital. This will tell my doctors how I sleep.

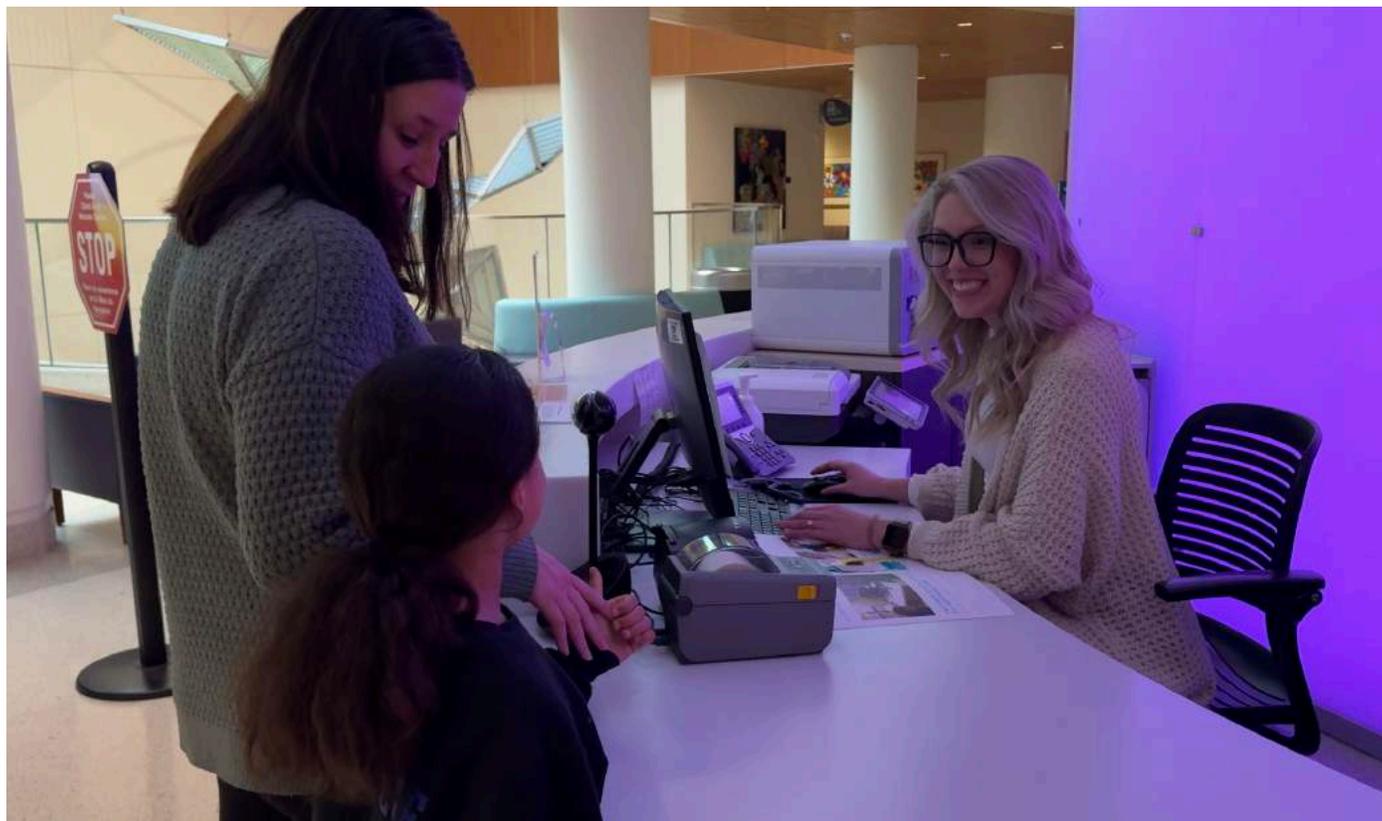
01 | ARRIVE



**I will go to the hospital
with my caregiver.**

*We will check in at the Kentucky Children's Hospital
Lobby on the 1st floor of the hospital.*

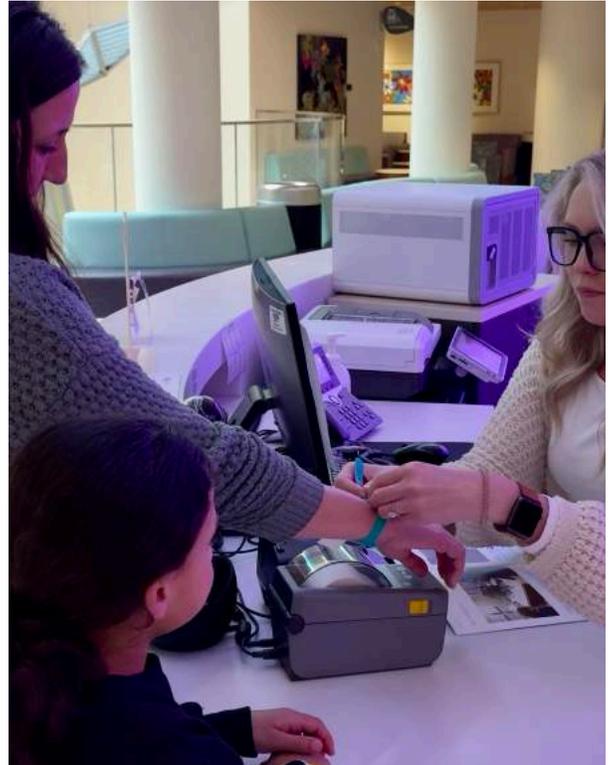
02 | CHECK IN



I will check in with a clerk at the registration desk.

My caregiver and I will answer a few questions, like my name and date of birth.

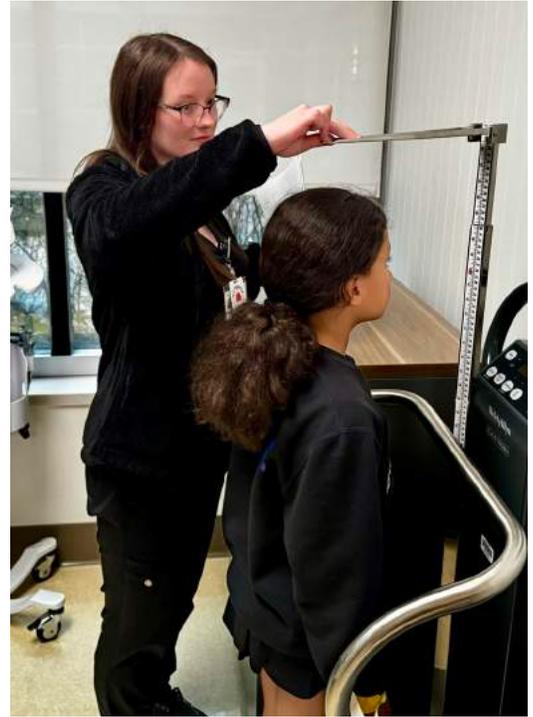
03 | GET BRACELET



The clerk will place a bracelet on my wrist. It has my name and birthday on it.

My caregiver will also get a bracelet to wear.

04 | MEET SLEEP TECH



Then we will go to the Sleep Center entrance on the ground floor. The sleep tech will meet us there.

The sleep tech does the sleep study. The tech will weigh me and measure how tall I am.

05 | SEE THE ROOM



The sleep tech will show me to my room. The room has a bed, a table, a chair, and a bathroom.

It may have some toys, or I can bring my own. My caregiver will sleep in the same room in a chair. To help me sleep, I can bring some things from home, like a stuffed animal or blanket.

06 | SEE THE TOOLS



The sleep tech will show me the tools used for the sleep study. This includes special stickers, belts, wires and equipment.

07 | PUT ON PAJAMAS



Before the sleep study, I will change into my pajamas. I can bring my own pajamas from home.

08 | SIT IN CHAIR



Next, the sleep tech will ask me to sit in a chair. I can sit by myself or on my caregiver's lap.

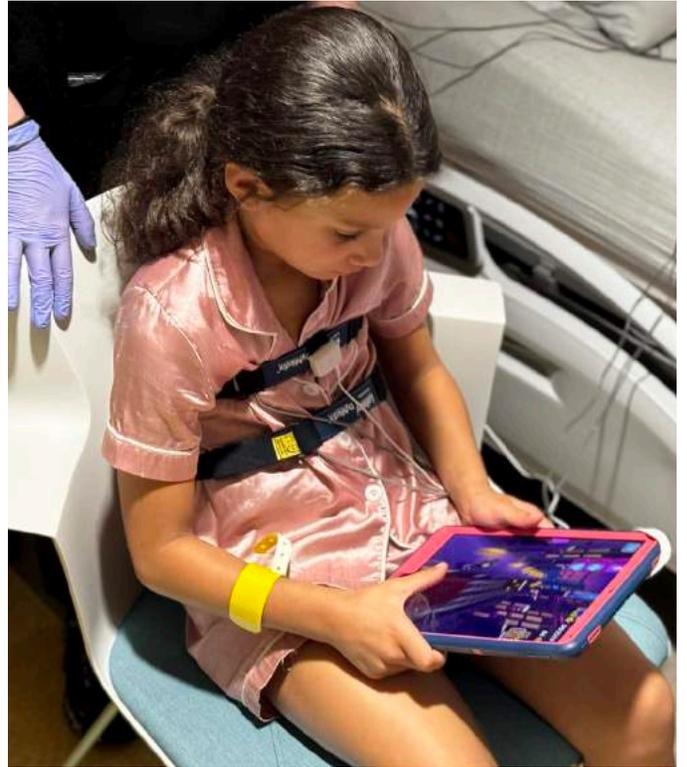
09 | GET STICKERS



The tech will put stickers on my legs, chest and finger. My job is to hold very still.

I can watch a movie or play with a toy. The stickers have long, colorful wires. The wires go to a machine that looks like a remote control. The stickers and wires will not hurt me at all.

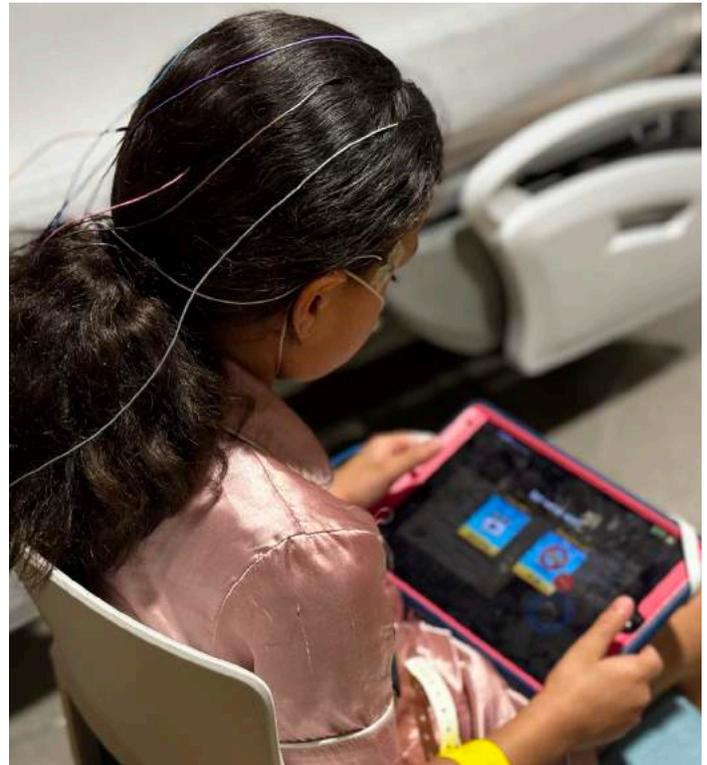
10 | GET BELTS



Then the tech will put 2 belts on my body. One goes around my tummy, and one goes around my chest.

These belts also have wires that plug into the machine. These stickers and belts help the tech learn about my sleep.

11 | MORE STICKERS



The tech will place stickers on the side of my face and on my head.

These stickers also have colorful wires. Special glue and tape will keep the stickers on while I sleep. My job is to hold still.

12 | CHECK BREATHING



The tech will put a small, soft tube under my nose and behind my ears.

This tube checks my breathing while I sleep. The tube may tickle my nose, but it will not hurt.

13 | GET READY FOR BED



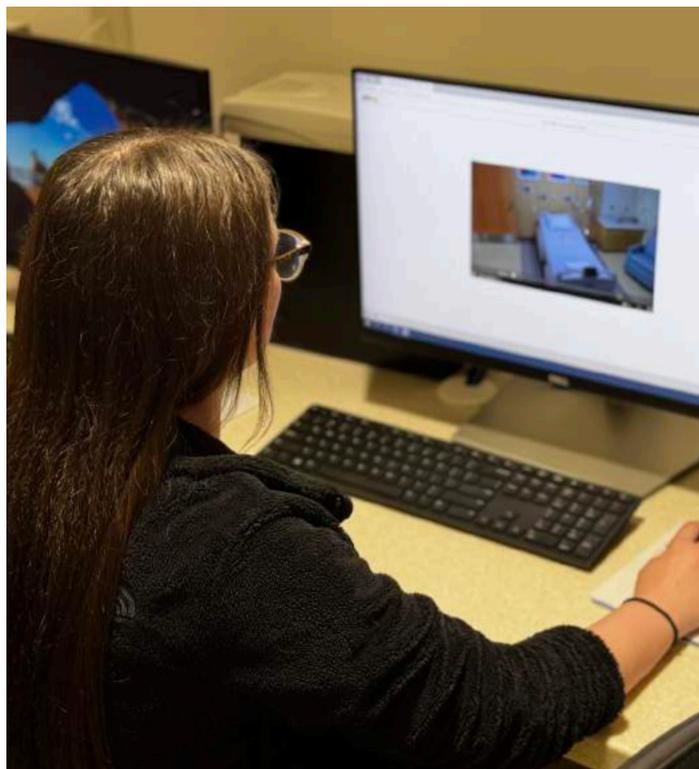
Now it is time to get ready for bed. My caregiver will help me hold the wires while I use the bathroom and brush my teeth.

14 | GO TO BED



When it's time to sleep, I will go to bed. The tech will check the stickers to make sure they stay in the right place.

15 | FALL ASLEEP



My caregiver and I will sleep all night in my room. As I sleep, a camera will let the tech see how I am sleeping.

16 | WAKE UP



When I wake up in the morning, I will get help taking off all the stickers, belts and tube.

The stickers on my head will not pull my hair, but my hair may feel sticky. That's OK – I can wash my hair when I get home. Next, I can change out of my pajamas.

17 | GO HOME



After I change, I can go home. I am all done with my sleep study. I did a great job!



KENTUCKY CHILDREN'S TEMPUR
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