



The Sleep Study Story

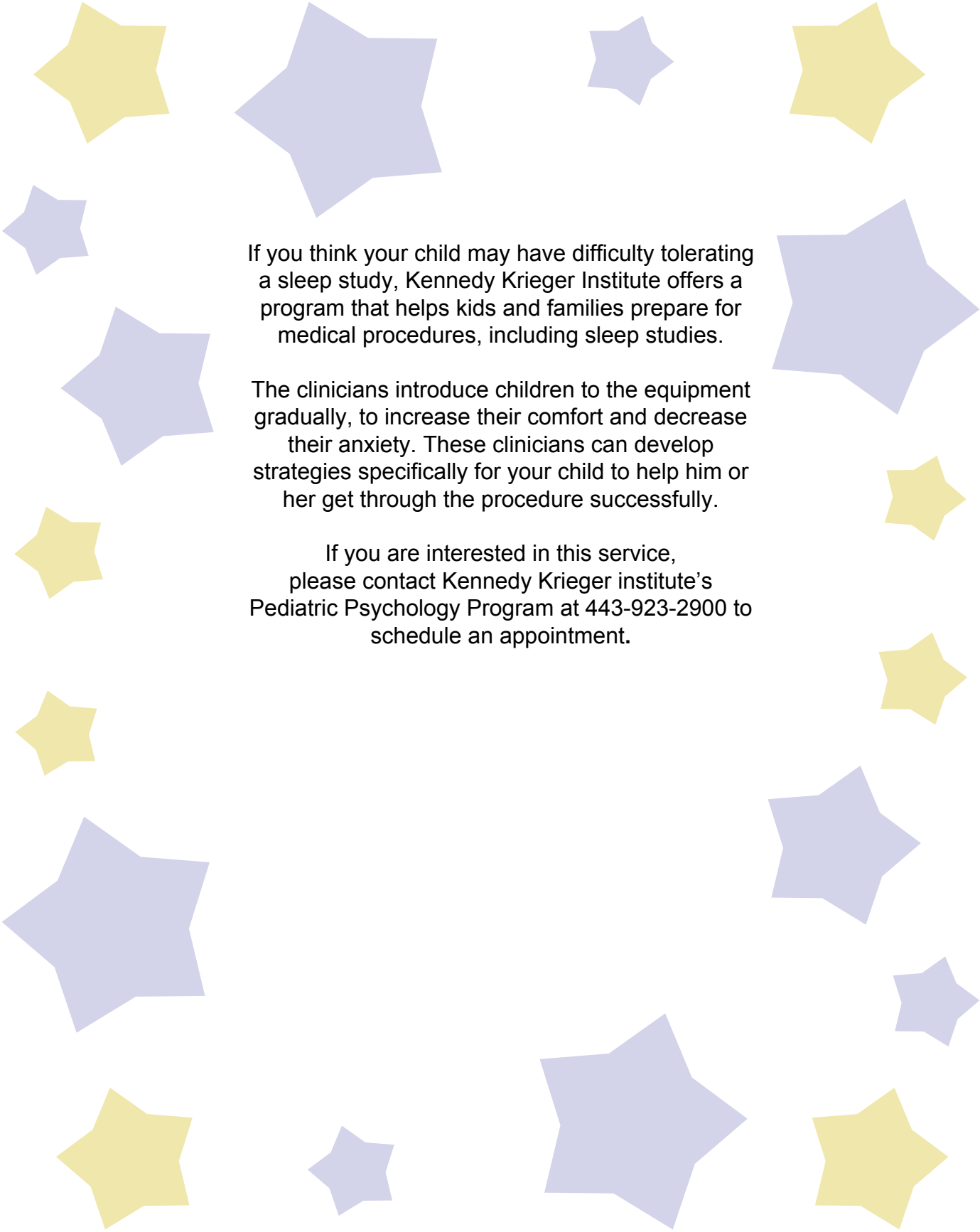


Hi There!

STARRING
BILLY



Kennedy Krieger Institute

The page is framed by a blue border and contains several decorative stars in yellow and light purple. The stars are scattered around the central text, with some larger and some smaller. The text is centered and reads:

If you think your child may have difficulty tolerating a sleep study, Kennedy Krieger Institute offers a program that helps kids and families prepare for medical procedures, including sleep studies.

The clinicians introduce children to the equipment gradually, to increase their comfort and decrease their anxiety. These clinicians can develop strategies specifically for your child to help him or her get through the procedure successfully.

If you are interested in this service, please contact Kennedy Krieger institute's Pediatric Psychology Program at 443-923-2900 to schedule an appointment.



This is Billy.

He is 6 years old.

He likes to read books, play with his iPad, and play video games.



Billy is coming to Kennedy Krieger for a sleep study.

A sleep study is a sleepover in the hospital where you have to wear some funny-looking equipment on your body.

Your mom or dad will spend the night with you at the sleep study.



When Billy gets to Kennedy Krieger,
he will stop at the security desk.

Then, someone will come down to
meet him and his mom or dad.



Together, they will ride the elevator to the third floor.



Billy and his mom walk into the sleep lab, where they will be spending the night.

The room has a TV and a DVD player, so Billy can watch his favorite shows or movies.

Billy has nothing to be afraid of.

The people who work in the sleep lab are really nice!



This is Terri.

She is one of the nice people who work in the sleep lab.

It's her job to help kids get ready for their sleep study.
She will explain what she is doing, so you can understand.

Someone will be in the sleep lab all night,
just in case Billy needs help with anything.



After Billy looks around the room, he puts on his pajamas to get ready for the night.



Billy got to bring his favorite blanket and stuffed animal from home.



Once Billy has his pajamas on, Terri and his mom will help him put on everything he needs. Getting ready will take about the same time as watching two TV shows.

Don't worry—nothing happens that will hurt.



Terri starts getting Billy ready for his sleep study.

First, she puts two stretchy belts on Billy.

One belt goes around Billy's stomach
and the other around his chest.

These belts tell us about Billy's breathing.



Once the belts are on Billy, Terri attaches a little computer box to the belt.

Things will get plugged into this box that will tell us a lot of things about how Billy breathes and how much he moves around.



Then, Terri puts a sticker on Billy's finger that looks kind of like a Band-Aid with a wire attached to it.

This special sticker gives us information about how well Billy is breathing.



This special sticker also does a neat trick.
When you turn the lights off, it makes Billy's finger glow.

Cool!

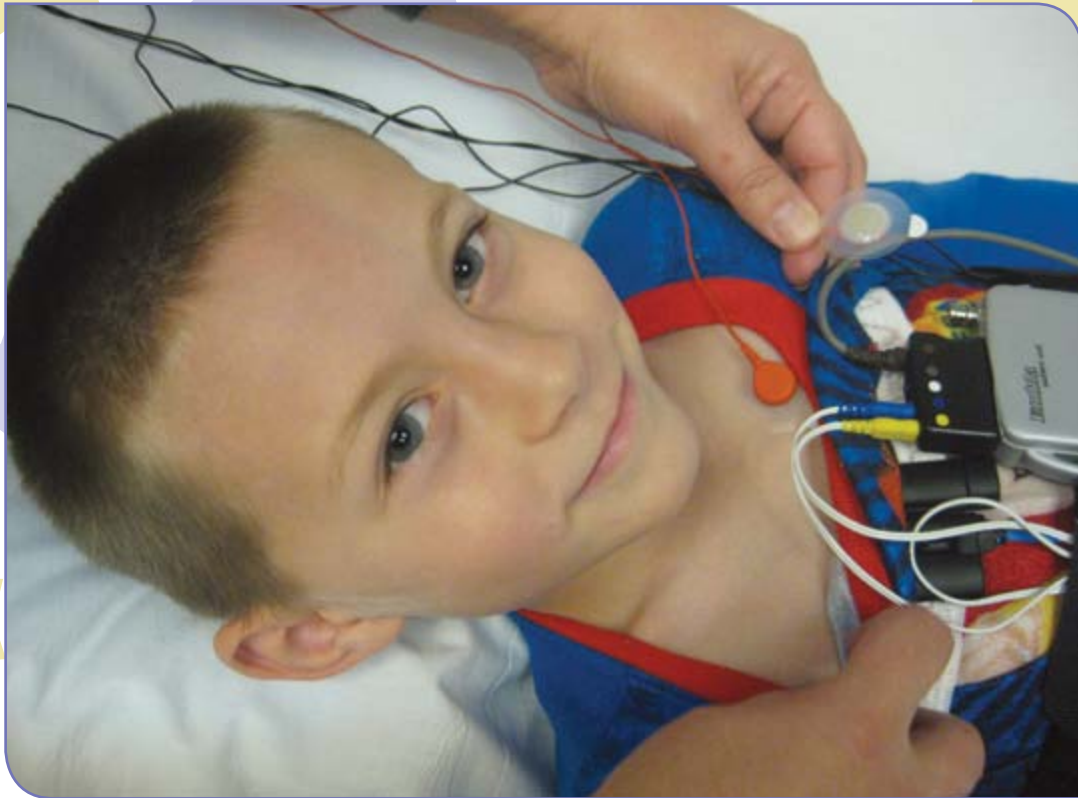
Only grown-ups can take the equipment off,
so if something feels funny, Billy needs to tell
someone working at the lab or his mom.



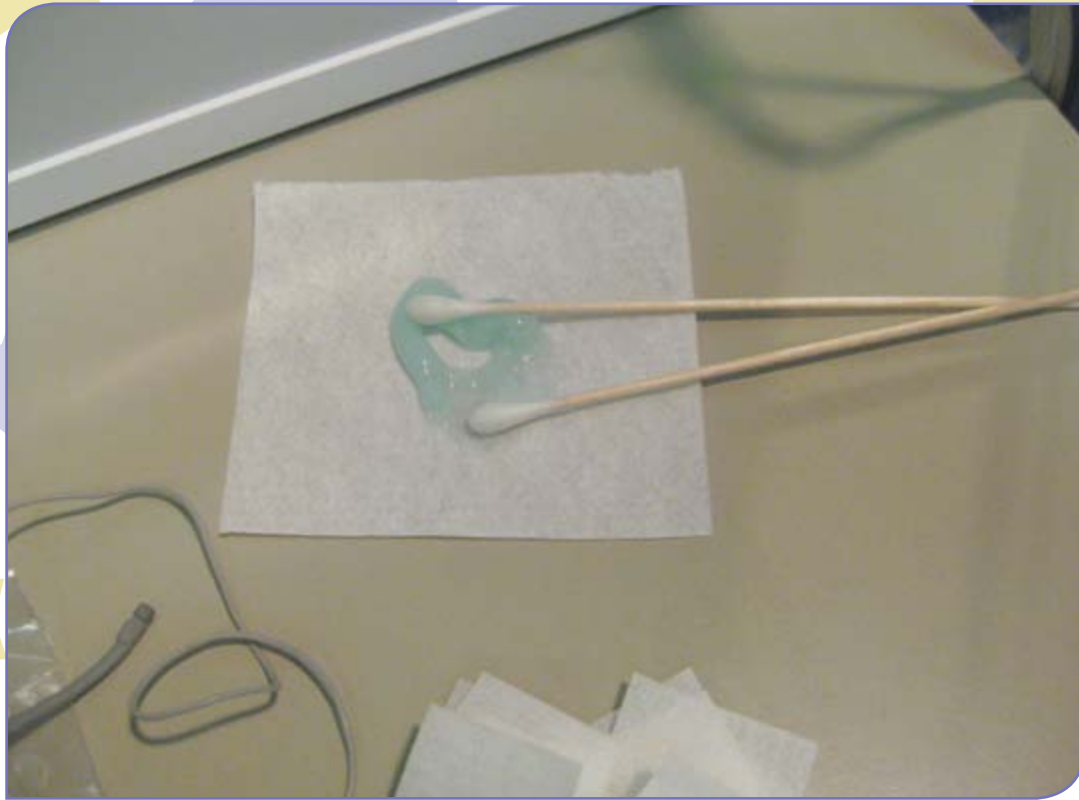
Terri will also put some stickers on Billy's legs.

First, she'll use a wipe that will help the stickers stick to Billy's legs better.

Terri will attach a wire to these stickers that will tell us how much Billy moves his legs at night.



Terri may also put a sticker with a wire on Billy's chest.
This will give us information about how his heart is beating.



Next, Terri will use a Q-tip to clean Billy's face with a special soap to help the equipment stick better.



After Billy's face is clean, Terri will put on a different kind of sticker.

These stickers look kind of like jewelry stuck on the end of a wire.

Then, Terri covers the sticker with special tape to make sure it doesn't come off while Billy is sleeping.



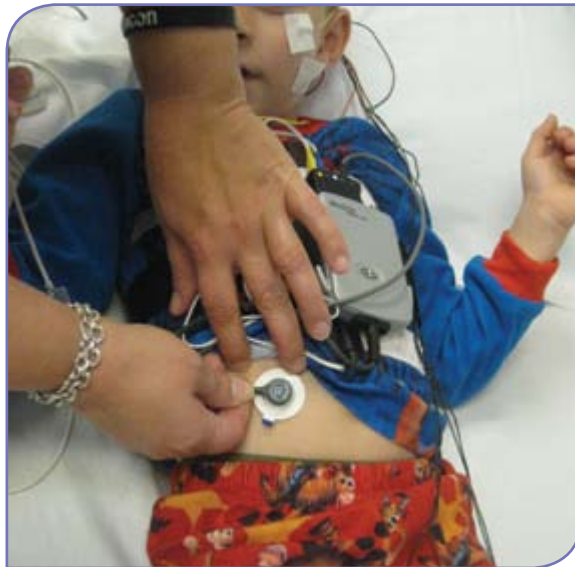
Terri also puts stickers on other parts of Billy's face and on the top of his head.

Those stickers will tell us what Billy's brain is doing while he sleeps.

They can't tell us about his dreams, though!



Next, Terri will put a sticker with a wire either on Billy's ear



or on his stomach.



Now that all of the stickers are on Billy's head, it's time to wrap his head with fabric.



This will help the stickers stay on Billy's head if he rolls around in his sleep.

Billy is sitting still and listening.

Billy's mom is really proud of him for doing such a great job.



Now Billy is ready for this little plastic breathing tube.



It will go around his head, and two tiny pieces help hold it in his nose.

This tube measures how much Billy is breathing at night.



Look at Billy!

He has everything on.

Billy smiles big for the camera that will help record his sleep.

Good job, Billy!



When it's time for bed,
everyone will say "good night" to Billy.

His mom will be sleeping in a bed right
next to him, just in case he needs anything.

Billy will wear everything while he sleeps.

If he needs to use the bathroom,
he won't have to take everything off.



The next morning, Billy wakes up.

He did a great job,
and he didn't take anything off.

Good work, Billy!



A grown-up will take everything off.

It won't hurt, but Billy's skin may feel a little sticky from where the stickers were.

When he gets home, he can take a bath or a shower to get all of the sticky stuff off.



Now Billy can change out of his pajamas and go home with his mom.

Billy did such a great job with his sleep study.

And you'll do a great job with your sleep study, too!!!