



Participating in a Sleep Study



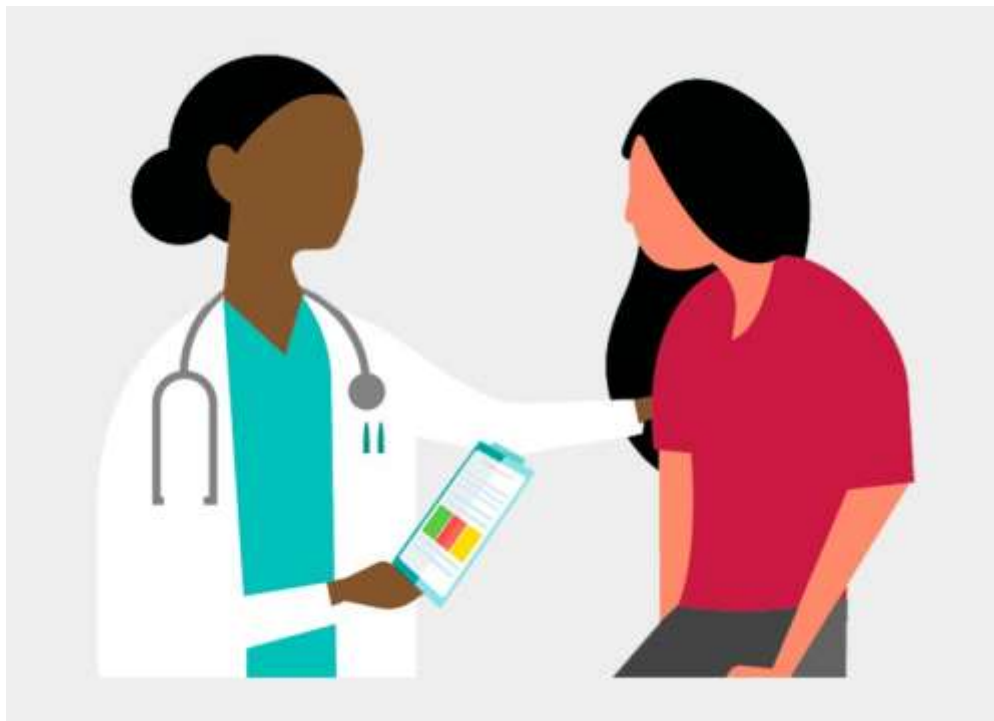
This social story is about participating in a sleep study.
Doctors use sleep studies to see how my body works
when I sleep!



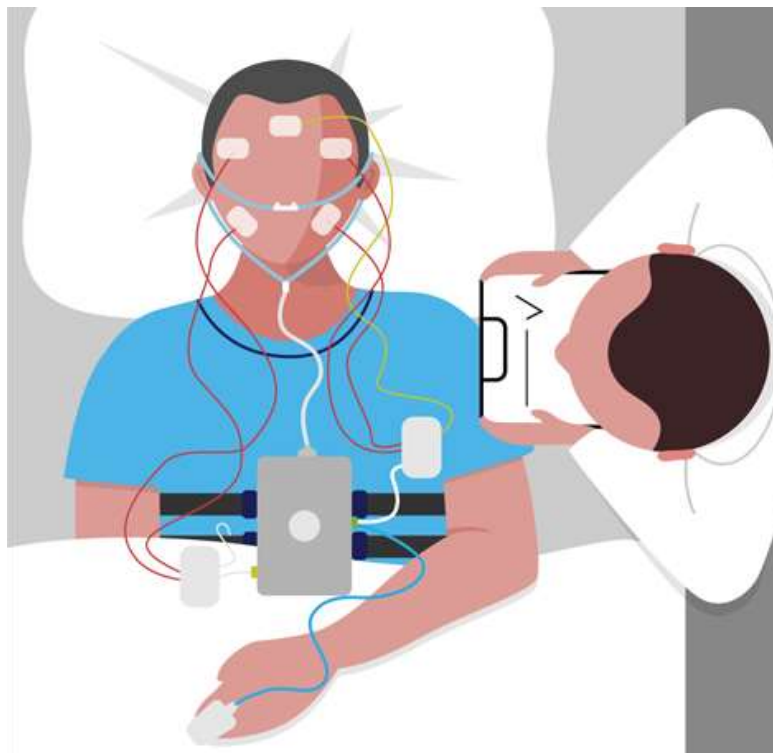
The night before my study, I should get a normal night's sleep. The day of my study, I should stick to my typical routine, unless my doctor has special instructions. This will help me do even better during my study!



When I arrive to the sleep center, I will meet a technician who works with my doctor. The technician will help me get ready for my sleep study.



Funny looking wires will be attached to my body in different areas, like my head, chin, legs, and around my eyes. This might feel funny but it won't hurt! These wires connect to a special computer that records information about me!



A special belt will be placed around my chest and stomach so the doctor can see how I breathe. This will not hurt me.



After everything is attached to me, I can fall asleep!
The sleep technician will be near me all night, in a control room, to check on me and listen through a speaker. I can pause to use the bathroom at any time - my headbox will be disconnected and reconnected after.



My caregiver will be with me all night, usually on a fold-out bed. If I feel nervous or have trouble falling asleep, I can:

- wear my favorite pajamas
- bring my favorite pillow, blanket, or stuffed animal
- read my favorite book
- remember I am staying strong and healthy!



When I wake up in the morning, the technician will remove the belt and all the wires that were taped to my body. I did a great job participating in a sleep study!

