







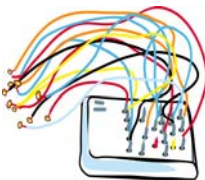











Visiting the Sleep Study Lab

 <p>sleep study lab</p>	<p>I am going to have a sleep study test done so the doctors can learn how I sleep.</p>	
 <p>pajamas</p>	<p>I will wear my pajamas to the sleep room. I can bring my favorite stuffed animal, doll or blanket with me.</p>	 <p>stuffed animal doll or blanket</p>
 <p>sleep room</p>	<p>A technologist will take me and my parent to a bedroom where we will sleep over night. I will go home when the test is done.</p>	
 <p>weigh</p>	<p>The technologist will weigh me and see how tall I am. They will measure around my head using a measuring tape.</p>	 <p>measuring tape</p>
 <p>clean skin</p>	<p>The technologist will clean my skin with soap scrub. It may feel cool and scratchy like sand.</p>	
 <p>electrode</p>	<p>The technologist will place small pads called electrodes on my skin. They look like shiny jewelry. They will use small pieces of tape to keep the electrodes in place. They will not hurt.</p>	
 <p>electrode cord</p>	<p>The electrodes will be placed all over my body, even around my face and head. There will be a small colorful cord from each of the electrodes to a computer.</p>	

 <p>band on finger</p>	<p>The technologist will put a sticky band that looks like a band aid on my finger. It will not hurt either.</p>	
 <p>belts</p>	<p>The technologist will place stretchy belts around my chest and tummy.</p>	
 <p>small tube</p>	<p>The technologist will place a small tube around my head and under my nose to learn how I breathe when I sleep.</p>	
 <p>movie</p>	<p>Before bedtime, I can read a book or watch a movie. I will go to sleep at my regular time.</p>	 <p>book</p>
 <p>sleep</p>	<p>My parent will sleep in the bed next to me.</p>	
 <p>electrodes off</p>	<p>The electrodes, sticky band on my finger and belts will stay on my body while I sleep. When the test is over, the technologist will take them off. My skin may be a little red where the electrodes were.</p>	
 <p>good bye</p>	<p>I can say goodbye to the sleep room helper and go home.</p>	 <p>home</p>