Preparing for your sleep study
How to use this book

This book was created for you to read with your child before coming to the OHSU Sleep Lab for an overnight sleep study. It will help you understand what happens during the test.

Parents play an important role in helping children get comfortable with a sleep study. Our goal is to work together so your child can know what to expect, and so your family can have the best possible experience.

Encourage your child to talk to you with any questions about the sleep study. You may find it helpful to read this book together the day before the study is scheduled, and then bring it with you the evening of the study.

Results of your child’s sleep study will be available from your child’s doctor in approximately one to two weeks.

If you have any questions about the sleep study or need to get in touch with us, please contact us at 503-494-6066.

What is a sleep study?

A sleep study is an overnight test that shows what happens while you are sleeping.

If you’re not sleeping well, a sleep study is a way for the doctor to know how you sleep.

This book describes how a sleep study is different than sleeping at home.

Your mom or dad will be with you the whole time.
What happens during a sleep study?

Before the sleep study

What do you do with your mom and dad at night before you go to bed? Do you read a book? Put on your pajamas? Brush your teeth? A sleep study is a little different than how you go to bed at home, but it will let doctors know how to help you sleep better.

What you need to bring:

• Your favorite PJs
• Any stuffed animals or blankets you want to sleep with
• Your favorite movies or TV shows:
  You can watch them while the sleep study is set up
• Clothes for the next morning
• Anything else that helps you feel like you are at home

During the sleep study

You will arrive at the OHSU Sleep Lab. It is in a nice hotel room. You will put on your PJs like you are getting ready for bed at home. There are several steps to get you ready for the sleep study. Let’s read about them on the next pages.
What is the first step in a sleep study?

A grown-up (the sleep lab technician) will put lots of small round stickers on your face, head, chin, chest and legs. The stickers are called electrodes. Electrodes connect to wires. Wires connect to computers. Electrodes help your doctors find out information about how you sleep. Putting the electrodes on doesn’t hurt.
The electrode stickers on your head measure your brain waves for a test we call an EEG.

An EEG helps tell us what kind of sleep you are getting. (The technician can tell when you are dreaming, but not what you are dreaming about!) You will have nine electrode stickers on your head.

Can you count to nine?

You will have one electrode sticker next to each eye and some on your chin. Can you put the numbered stickers on all these places?

You will wear a belt around your chest and belly.

The belts can tell the doctor how well you are breathing when you are sleeping. Sleeping is how our body takes a rest. Did you know your heart beats slower when you are resting and sleeping?
Can you place all 9 of these stickers onto your body like electrodes?

Can you find where the rest of these objects are hidden in the book?

Hint!
You will have one electrode sticker next to each eye and some on your chin.
You will wear a little tube under your nose. It will help measure how many times you breathe and how much air you get in your nose and mouth when you are sleeping. Some children say it looks like a mustache!

It might tickle your nose in the beginning but you will get used to it quickly.

Electrodes on your legs will measure if you kick your legs when you sleep. A camera will take pictures of how you move when you sleep. You will be a movie star for the night! The camera will only be on when you are sleeping.
Can you count to 21?

All together you will have 21 electrodes on your body! We use a soft cloth to cover the wires, so you won’t get tangled up. You will sleep in a bed next to your mom or dad. Your mom or dad will be with you the whole time.
After the sleep study

The next morning, the sleep lab technician will take off all your electrodes and wires. Then you can change out of your PJs and take a bath or shower. Your hair might feel a little sticky from the electrodes but it will go away when you wash your hair!

Then you can have a yummy breakfast at the hotel and go home or to school. Your sleep study is done!

We’ll help you grow up healthy and strong!

Glossary

EEG
A test that measures how your brain is working. During the sleep study the EEG measures whether you are asleep or awake.

Electrodes
Small round stickers that attach to wires to record information about how you are sleeping. Electrodes don’t hurt. They are put on with glue that washes off.

Nasal canula
Tube under your nose to measure your breathing.

Sleep lab technician
Person that helps you before, during and after your sleep study.

Sleep study
An overnight test that shows what happens when you are sleeping. A sleep study helps doctors know if your sleep is healthy.
OHSU accepts most major health plans.
OHSU is an equal opportunity, affirmative action institution.