

# **Pediatric Sleep Study Preparation Book**



# What should I bring?

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- Your doctor has decided you need to have a sleep study!
- The first thing you will need to do is pack a few things to bring with you:
  - Pajamas
  - A special stuffed animal, toy, blanket or pillow
  - DVD (if you want to watch a movie)
  - Your parent will be given a list of other things



# Where will I go?

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There are two locations to have your sleep study:



2151 Waukegan Road  
Bannockburn



9977 Woods Drive  
Skokie

# What happens at my sleep study?

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When you arrive, you will check in.



# What happens at my sleep study?

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Next, you and your parent will go to your room.



# What happens at my sleep study?

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Your room has a TV, DVD player, bed and a place for your parent to sleep.



# What happens at my sleep study?

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Once you are checked in, you can watch TV or play for a while.



# What happens at my sleep study?

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The sleep technician will place soft belts around your chest and belly.



# What happens at my sleep study?

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The sleep technician will also measure your head and place wires with glue and tape



# What happens at my sleep study?

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Then wires will be placed on your face, chin, chest and legs



# What happens at my sleep study?

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Tubing and tape will be placed under your nose to measure your breathing



# What happens at my sleep study?

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Then you and your parent are ready to sleep!



## When do I go home?

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The next morning the wires are removed and you are ready to go!

Your parent will be contacted usually within a week to discuss the results of your study.