Pediatric Sleep Study Preparation Book
What should I bring?

- 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?

There are two locations to have your sleep study:

- 2151 Waukegan Road
  Bannockburn
- 9977 Woods Drive
  Skokie
What happens at my sleep study?

When you arrive, you will check in.
What happens at my sleep study?

Next, you and your parent will go to your room.
What happens at my sleep study?

Your room has a TV, DVD player, bed and a place for your parent to sleep.
What happens at my sleep study?

Once you are checked in, you can watch TV or play for a while.
What happens at my sleep study?

The sleep technician will place soft belts around your chest and belly.
What happens at my sleep study?

The sleep technician will also measure your head and place wires with glue and tape.
What happens at my sleep study?

Then wires will be placed on your face, chin, chest and legs.
What happens at my sleep study?

Tubing and tape will be placed under your nose to measure your breathing.
What happens at my sleep study?

Then you and your parent are ready to sleep!
When do I go home?

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.