



**CHECK OUT THIS VIDEO OF  
THE UBMD PEDIATRICS  
SLEEP LAB!**

This material is intended for educational purposes only and should not replace the advice of a health care professional. Please consult your doctor for specific medical advice and treatment.

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## **SLEEP CENTER**

**A BOOK TO ASSIST  
CHILDREN IN PREPARATION  
FOR A SLEEP STUDY**





## What is a SLEEP “Study”?



It is a special sleep-over with MANY stickers that helps doctors better know what happens when you sleep at night.

## How do I get ready for my sleep study?

1. Read this book with a grown up.
2. REMEMBER that a sleep study DOES NOT hurt in anyway.
3. Ask questions today and when you come to the sleep study.
4. REMEMBER that someone you love will be with you the entire time you are at the sleep study.
5. Bring anything that you think will make it easier for you to fall asleep (like a stuffed animal or special blanket).

**Do NOT worry! Even a little bit of sleep will be helpful. It is ok if you cannot sleep all night.**

## CONTACT US

We ask that you give us as much notice as possible if you need to cancel or reschedule your sleep study.

To cancel, call **716-691-6283** or email **[sleep@upa.chob.edu](mailto:sleep@upa.chob.edu)**.

## ADDITIONAL RESOURCES

**AMERICAN ACADEMY OF SLEEP MEDICINE (AASM)**

<http://www.aasmnet.org/>

<http://www.sleepeducation.org/>

**NATIONAL SLEEP FOUNDATION**

<https://www.sleepfoundation.org/>

**FOR MORE INFORMATION,  
PLEASE VISIT US AT [UBMDPEDIATRICS.COM](http://UBMDPEDIATRICS.COM).**

**UBMD Pediatrics Sleep Lab**  
Oishei Children's Hospital  
818 Ellicott Street, 2nd Floor  
Buffalo, NY 14203





**Now that you  
are all hooked  
up, it is time to  
go to sleep!**

### **DURING THE NIGHT:**

- Just try to relax and get some sleep.
- If you have any questions or need to go to the bathroom, just hit a special button which is like a walkie-talkie to our technicians.
- When you are sleeping, the technicians *MAY* come into the room to check on you or to replace a sticker. Don't worry.
- You don't have to worry about sleeping too

### **In the morning, home you go!**

When the test is over, we'll take off all of the stickers and wires. We have a special "sticky remover" that will help them off really fast. When you get home, regular dish soap works well to remove any left-over GOO that might be in your hair.

### **What should I pack for my sleep study sleep over?**

Wear clothes that are comfortable for sleeping and allow for us to put A LOT of stickers on you. No onesies, two-piece PJs please!

Bring whatever you need to be comfortable:

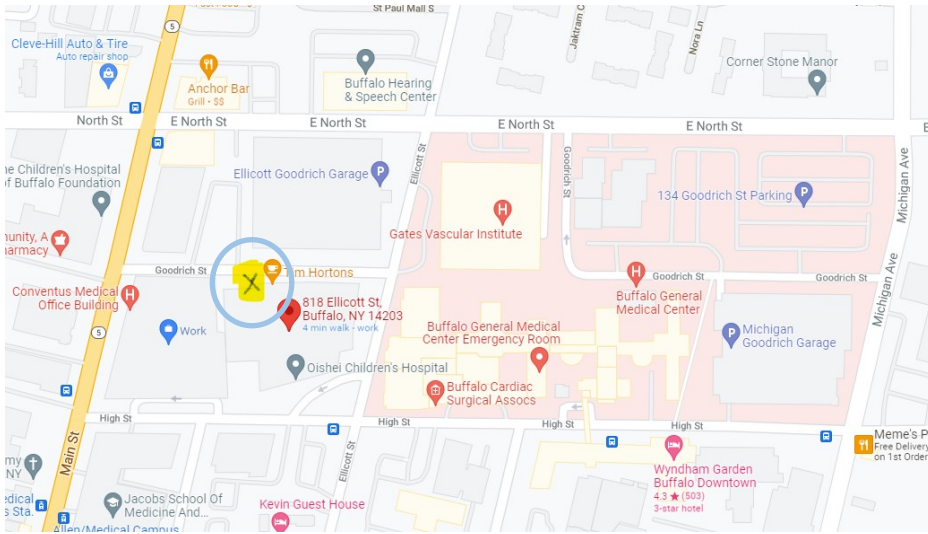
1. Stuffed animals
2. Blankets, pillows
3. Noise machine or music

**\*\*DO NOT** bring food, because you can't eat in the sleep lab. (Of course, you can bring some water if you're going to be thirsty.)

You will have your own room with a bed for YOU and a bed for your loved one to sleep in for the night.







## Where is the sleep study?

Have the grown-up you come with park the car on **Goodrich street** (free at night) or in the **Ellicott Goodrich Garage**. You walk across the street into the ER entrance on Goodrich which is right here:



When you arrive at the Oishei Children's Hospital, tell security you are there for a sleep study. They will call **716-323-3597 (our sleep lab phone)**.  
The sleep technician will come get you.



The **LAST** one is a special **ROBOT** mustache.



It is the most important thing to leave on ALL night so we can measure what your breathing is like when you sleep.

\*\*\*\*MAKE sure you have your grown-up TAKE PICTURES so you can show ALL your friends what a brave robot you were!\*\*\*\*\*



Just **2** more types of stickers to go!

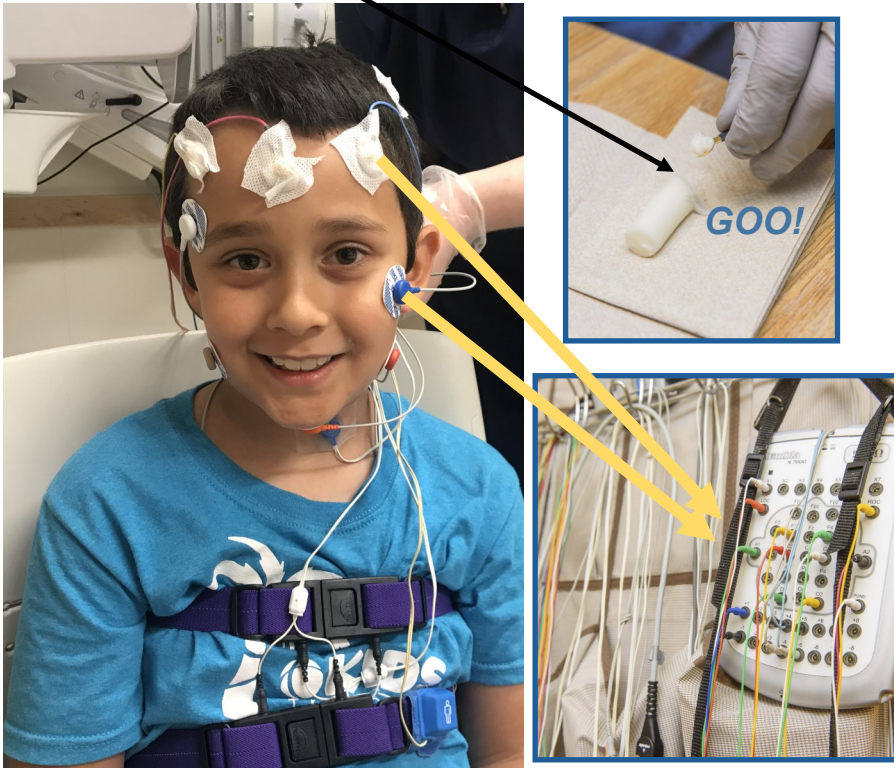
You're almost all done.

The first kind are stickers that measure your BRAIN WAVES and your eyes and muscles! And they have COOL wires that attach to a computer to measure what's happening inside of your head.

**REMEMBER:** There are no OUCHIES!

Just more AWESOME stickers and goo.

(Goo is fun isn't it!?)



## What happens during the sleep study?

Once you get to the lab, the first step is to check how tall you are, how much you weigh and to see what your blood pressure is.

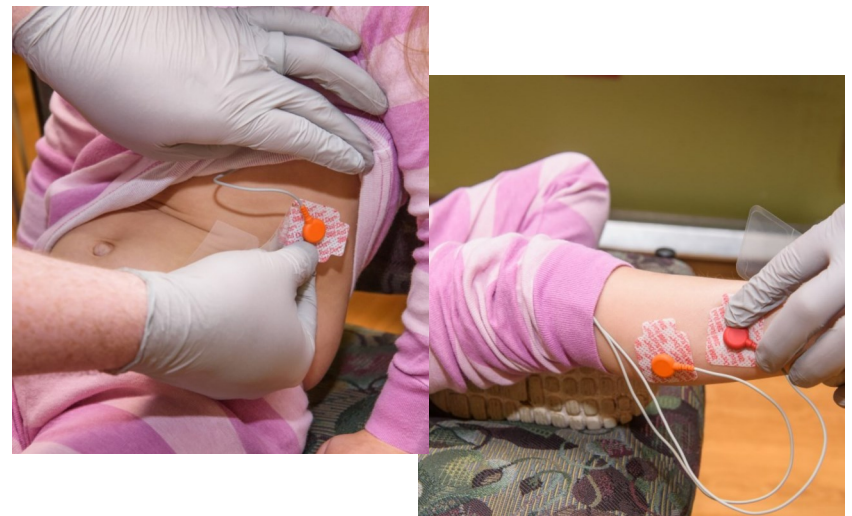


Then, it's TIME FOR THE.....

## STICKER PARADE!

First, two stickers will be placed on your chest to monitor your heartbeat. Then, two more on each leg to see when you kick or move your legs when you are sleeping.

*(Try them out. KICK away!)*





Then, you will have two stretchy belts to wear, one on your chest and one on your belly. These belts measure how much your chest and belly move while you are sleeping. They need to be tight enough to stay on but not too tight. (They feel like



a HUG!)

Watch out, it might **TICKLE** when they go on.



By now, you might be getting a little **bored** or **tired** since it is bedtime—> you can watch a tablet or read a book while all these stickers are being put on AND you can be in the bed or sit with your grown-up.

Whatever makes it go by easier for **you**!

Now, it's time for the  
SUPER  
AWESOME  
LIGHT-UP  
Finger-thingy!



(also known as the oxygen sticker that goes on your finger and makes it glow in the dark)

**Psst**—> If you get even more sleepy because it is VERY LATE, you can fall asleep at any time and our sleep technician friends will finish the rest of the stickers after you are dreaming away....

