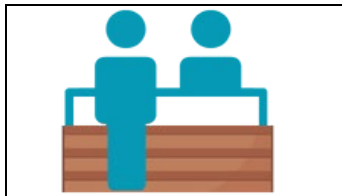




Having a Sleep Study



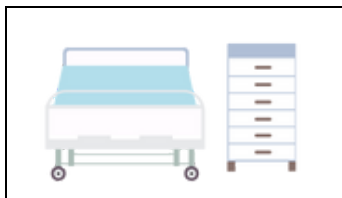
1



I will arrive to the sleep lab and check in.

☐

2



The tech will call my name and show me to my room.

☐

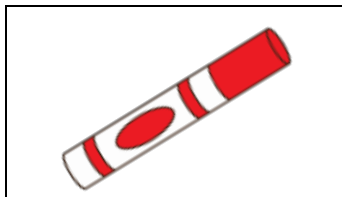
3



I will get ready for bed and wait for the tech to return.

☐

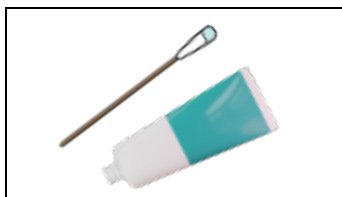
4



They will measure and draw small marks on my head with a marker.

☐

5



Each mark will be cleaned.

☐

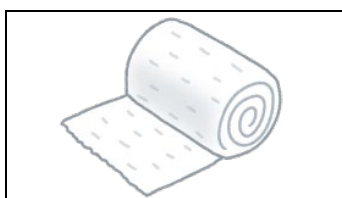
6



Electrode wires will be stuck to my head with thick paste.

☐

7



My head may be wrapped with soft gauze.

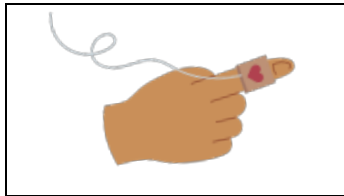
☐

8



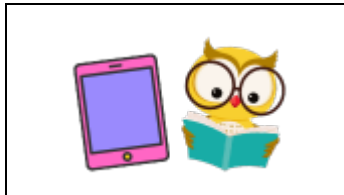
I will wear soft bands around my chest and stomach.

9



I will wear a small monitor, like a bandage around my finger.

10



I can choose a movie or quiet activity to do before bedtime.

11



I will lay down to go to sleep.

12



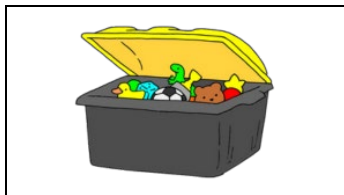
The tech will wake me up in the morning.

13



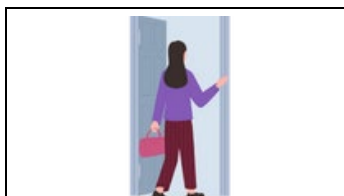
They will use a special liquid to remove the electrodes and stickers.

14



I may receive a prize or reward.

15



I am done and can go home