



Welcome to the Sleep Lab



You are here so your doctor can learn what your body does when you are asleep. The people you will meet today are going to help answer your questions and tell you everything you need to know about your stay at the Sleep Lab. Now, let's learn about your stay at the Sleep Lab.

You and your family will first go to security to check in when you enter Children's Mercy Hospital Kansas. The adults with you will sign in at the security desk.



Next you and your family will go where you will be staying the night. You can bring your favorite stuffed animal, pillow and movie with you.

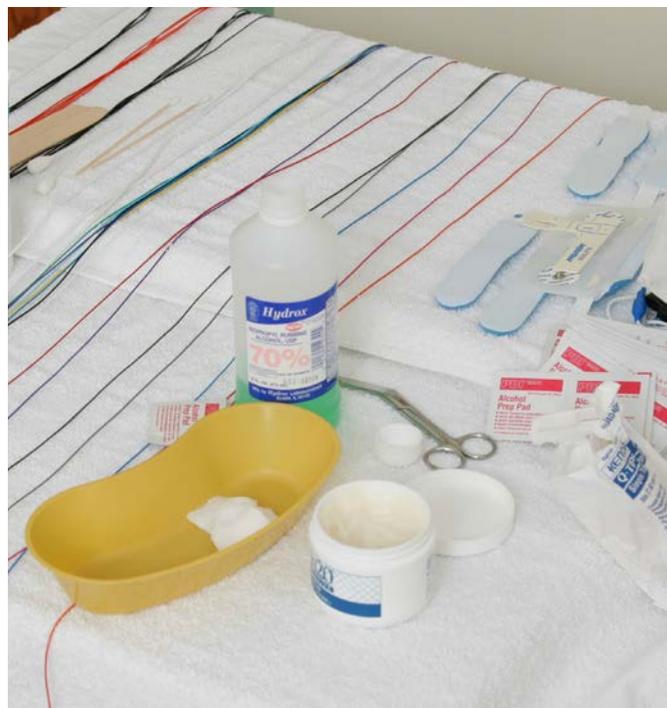


When you get to your room you will change into your own pajamas. Do you see the red and orange bed where your family member will sleep?



One thing you will see in your room is a big comfy bed where you will sleep...

and a table with lots of medical supplies on it. These supplies are to help you with your sleep test.



Now it will be time to sit down in a chair and let the technician start putting stickers on your body. The technician's job is to help you get ready for your sleep test. First the technician use a soft pencil to draw red lines on your body.



Next, the technician will clean those lines with soap and put stickers where the red lines were. The stickers will feel soft, sticky and a little squishy when the technician puts them on.



The technician will put stickers on your head, face, behind your ears...



and on your chin. Stickers also go on your legs and chest.



It will take awhile to put all of your stickers on.



Some kids like to watch a fun movie or play with toys while they wait.



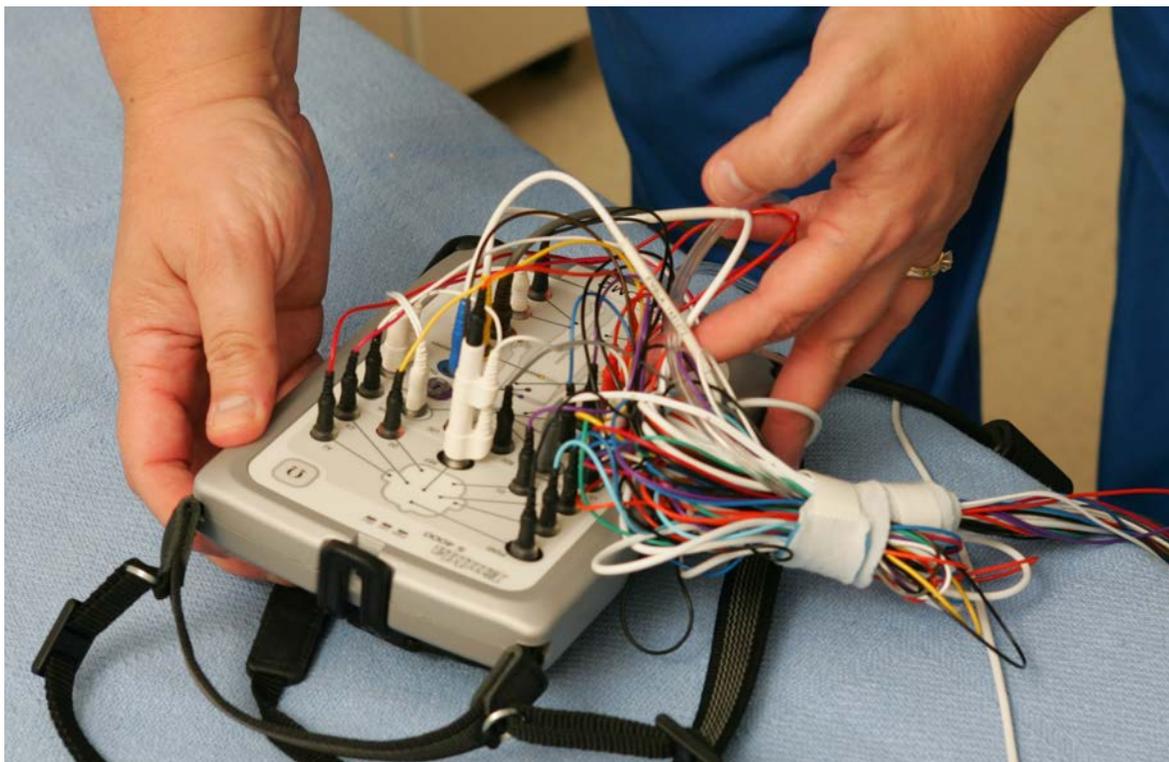
This is called an Oral-Nasal Thermistor. It tells the computer how you are breathing through your mouth and nose. It might tickle your nose for a little bit. The technician will put a stretchy band around your tummy and chest. These won't be tight.



You will get a Pulse Oximeter on your finger or toe. It feels sticky and looks like a bandaid. It tells how much oxygen is in your body. Do you know what oxygen is?



The wires that are on the stickers plug into a box.



The technician will bundle up all of the wires and tape them together so they won't get tangled while you sleep.



You may also get a stretchy headband like this doll to help keep your stickers on while you sleep.



It is time for bed now. The technician will help you get into bed and make you as comfortable as possible. You can bring your pillow from home if you want. A family member gets to stay in your room with you all night. They get their own bed that is close to you.



There is a microphone and a camera in your room to help you talk with your technician. While you are resting in your bed, the technician will ask you to do a few things to make sure the equipment is working right. After that it's time to go to sleep. Goodnight...





..And when you wake up in the morning, you are all done with your test. You won't wear the stickers home. The technician will take them off in the morning, they come off quickly and easily.



Now it is time to go home. Thank you for spending the night at the Sleep Lab!