



**Phoenix
Children's**

Sleep Study



Your doctor wants you to get a sleep study test at Phoenix Children's. This is a test that measures the activity in a person's brain while they are sleeping and then sends the information to a computer. This test also measures how your body moves, how your heart beats, and how you breathe while you are asleep.



For this test, you will spend the night at Phoenix Children's Hospital.

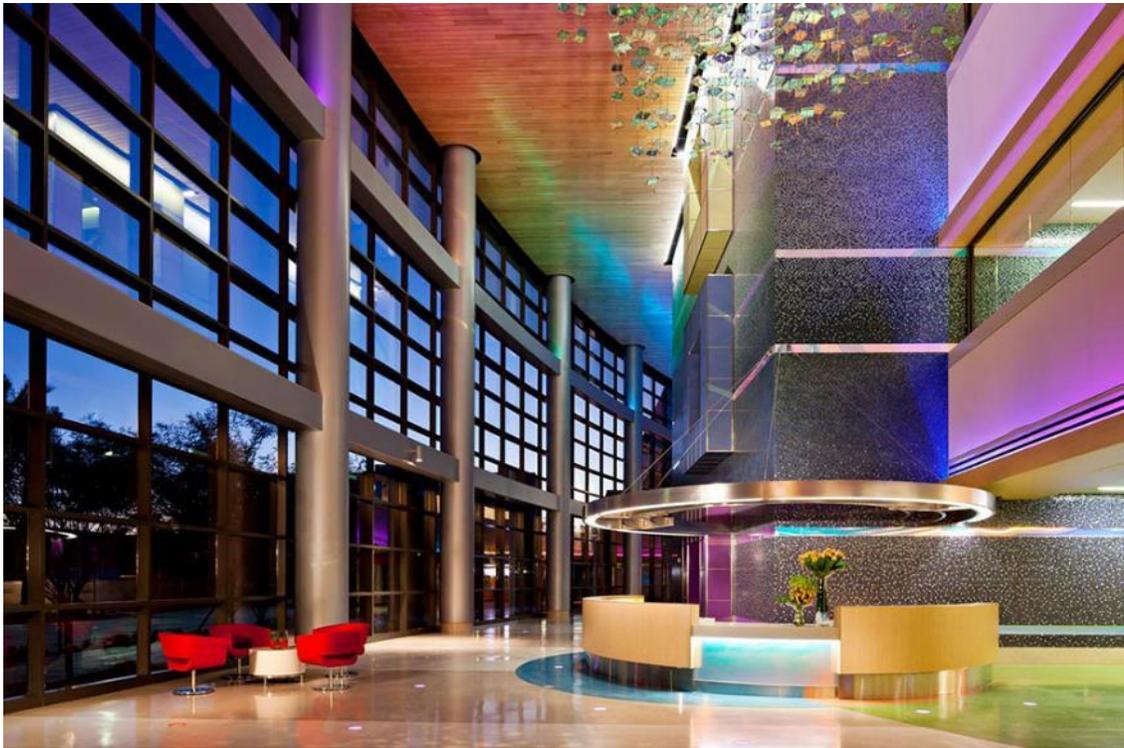


Some kids like to bring a blanket, pillow, and favorite toy from home to the hospital for their test.



What do you think you will bring with you?

When you arrive at Phoenix Children's you will go to the main lobby to check in. A friendly staff member will ask you and your grownup questions about how you are feeling and what kind of appointment you have.



Because it is nighttime, a security guard will come walk you and your grownup to the waiting area for your sleep study.



Can you spot the coyote on the way back to the waiting area?

When you get to the waiting area, your grownup will check in with a staff member at the desk. You can find a comfy spot to sit and wait for your turn.

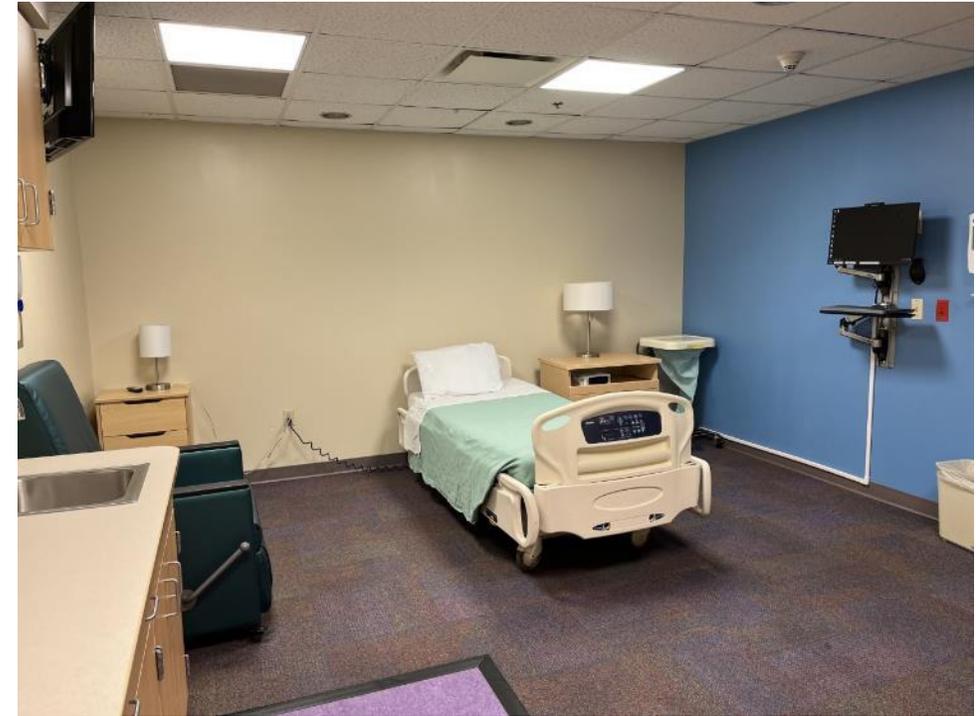


Some kids like to bring something from home to play with while they wait.
What will you bring?

When it is your turn, a sleep study tech will call your name and bring you and your grownup to the part of the building where we do sleep study tests. This space is a quiet zone, so it is important to use a soft, inside voice while you are in the sleep study area.



We have two rooms where we do sleep study tests. Your room will look like one of the rooms below. There is a bed for you and a couch or recliner chair for your grownup. Your grownup can stay with you the whole time.

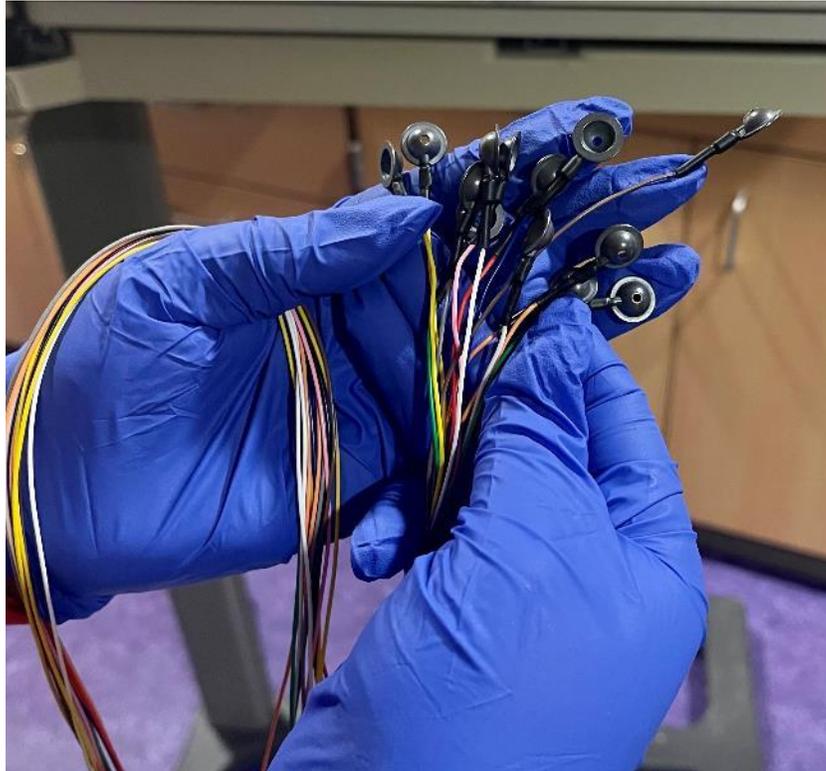


You can change into your pajamas when you get here, or you can just wear them to the hospital! It's best to wear pajamas that have a separate top and bottom.

Nothing about getting a sleep study hurts, but there are lots of supplies. These are some of the things the tech will use to do your sleep study test. First, they will measure your head.



To measure your brain activity, small metal buttons – called electrodes – will be placed on your head using special soap and sticky wax. The sleep study tech will clean each spot on your head where an electrode will be put. They do this with a long cotton swab (q-tip) and light green soap.



Some kids say the cleaning tickles a little.

The sleep study tech will put these on while you sit in a chair. Your job is to hold still, but you can watch TV, play with toys, or play on a tablet or phone while the sleep study tech puts on your electrodes.



You can choose to sit by yourself or on your grownup's lap.

To measure how your body moves while you are sleeping, the tech will put stickers on your legs. To measure how you breathe, you will wear a pulse-oximeter on one finger. The pulse-ox is a brown bandaid-like sticker. You will know it is working when the sticker's red-light shines.

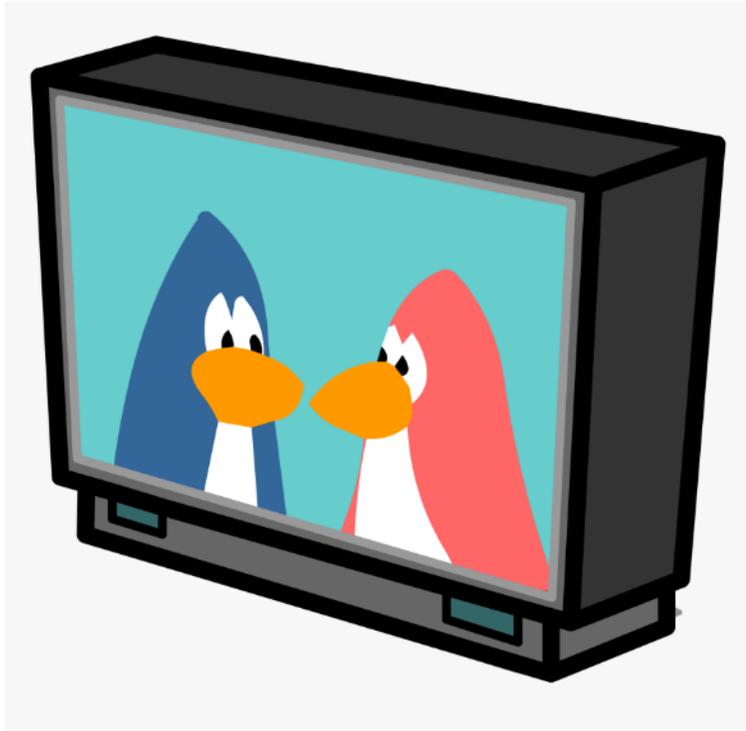


To measure how you breathe while you are sleeping, the sleep study tech will put three things on you. First, they will put stickers on your chest. Then, they will put a soft, stretchy belt around your chest. And last, they will put a small tube under your nose that goes around your ears.



Now your body is all ready for your sleep study!

It's time to go to sleep. You can watch tv or listen to music to help you fall asleep. Your grownup can lay in bed with you until you fall asleep if you would like.



You will sleep at Phoenix Children's for the whole night. There is a bathroom right outside your room in case you need to use it. There is also a phone, so if you need anything you can pick it up and instantly talk to a staff member.



If you haven't fallen asleep by 10:00pm, the sleep study tech might come in and ask you to turn off the TV and put away anything you're playing with so that you can get some rest.

When it is time to wake up in the morning, staff will come into your room. The staff or your grownup can help you take off all the things you were wearing for your sleep study. Many patients like to take a shower when they get home to get any extra soap and wax out of their hair.



The staff will send the information from your sleep study test to your doctor.

Once all the stickers and electrodes are off your body, it's time to pack up your things and leave! You can go to the bathroom and get a breakfast snack from the hallway before you go. Don't forget to grab a sticker on the way out. You did it!



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