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



When you arrive, you will check in.





Next, you and your parent will go to your room.





Your room has a TV, DVD player, bed and a place for your parent to sleep.





Once you are checked in, you can watch TV or play for a while.





The sleep technician will place soft belts around your chest and belly.





The sleep technician will also measure your head and place wires with glue and tape



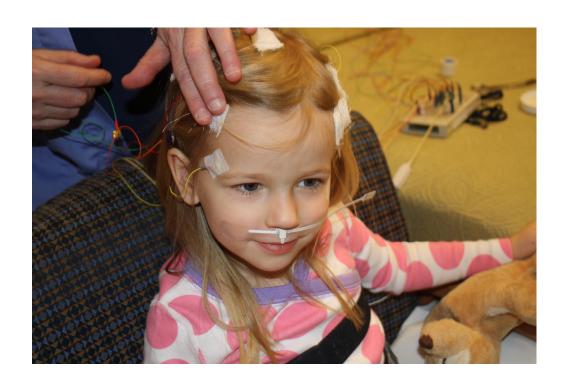


Then wires will be placed on your face, chin, chest and legs





Tubing and tape will be placed under your nose to measure your breathing





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.

