

# All About Your Sleep Study

A Gillette Guide  
for Children

  
Gillette Children's  
Specialty Healthcare



## A Note to Parents

We designed this picture book to help children understand what will happen during a sleep study (polysomnogram) at Gillette Children's Specialty Healthcare. Children often feel anxious before they have medical procedures. When they know what to expect, children feel more secure and are more willing to cooperate.

When should you tell your child about the sleep study? That depends on the child's age. Tell toddlers and preschoolers one to three days before the appointment. Inform school-age children a week before the study. That will give them time to think about what you've told them and to ask questions about what's going to happen. Remind children that you'll be nearby during the sleep study. Let them know that the study won't hurt.

If you have questions about preparing your child for a polysomnogram, call the Sleep Health Clinic staff at 651-726-2899. From outside the Twin Cities, call toll-free at 800-719-4040.





## Welcome to Gillette!

You are coming to our hospital in St. Paul to have a sleep study. It will help your doctor understand how to help you sleep better.



Your doctors and other grown-ups might call your sleep study a polysomnogram.

Some children need sleep studies because they sleep too much. Other children don't sleep enough. Sometimes children do things — such as walk, talk or snore — when they sleep. A sleep study gives doctors important information about how you sleep.



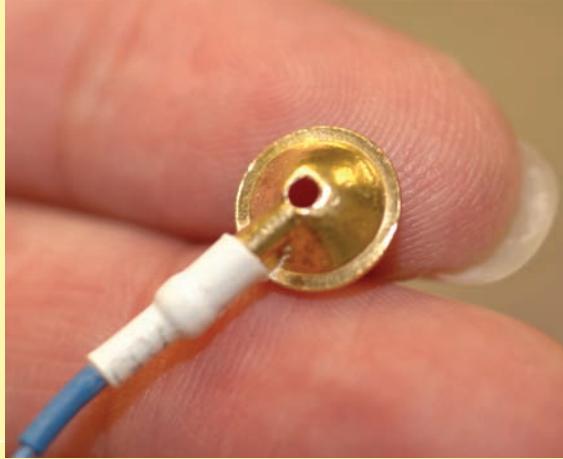


When you come to Gillette, you and the grown-up you bring with you will check in at the Sleep Health Clinic.



You and your grown-up will go to a hospital room. You'll put on your pajamas and get ready for bed. You can bring your favorite blanket or stuffed animal from home. And don't worry! Nothing that happens during the sleep study will hurt.

# Getting Ready for Your Study



Here are some of the things you will wear during your sleep study.

You will wear EEG electrodes. EEG is a short way to say electroencephalogram. An EEG gives doctors important information about your brain.

The electrodes are a gold color. They look like jewelry or stickers. We will place them on your head to measure your brain waves. Brain waves are messages your brain sends that tell your body how to work.



We mark places on your head with a soft pen to show us where to put the electrodes.



We will place the electrodes on your head with some glue. You might think the glue has a strong smell. We also will put some gel in the electrodes to help them work.



You will wear small tubes in your nose. They tell us how much air is flowing in and out of your nose and mouth. The tubes might tickle a little at first, but you will get used to them.



You will wear two belts. One goes around your waist and the other around your chest. The belts tell us how hard your body is working when you breathe.



We will put a probe that looks like a Band-Aid on your finger or toe. You can choose the finger or toe you want to wear it on.

The probe will tell us if you have enough oxygen in your blood. Having enough oxygen is important. It helps your body make energy, so you can breathe, move and think.



Everything we put on you will have wires attached.  
The wires are hooked up to our computer.



You will wear a soft hat to hold the electrodes and tubes in place. That way, the wires won't get tangled up when you go to sleep.

## Now You're Ready!



You can read a book or watch a movie before bed. You can bring your favorite DVD or book from home, or you can borrow a movie or book from us. We will give you a healthy snack, or you can bring something to eat with you.



**Good Night!**



When it's time for bed, we'll say good night! Your grown-up can sleep in a room next door to yours.

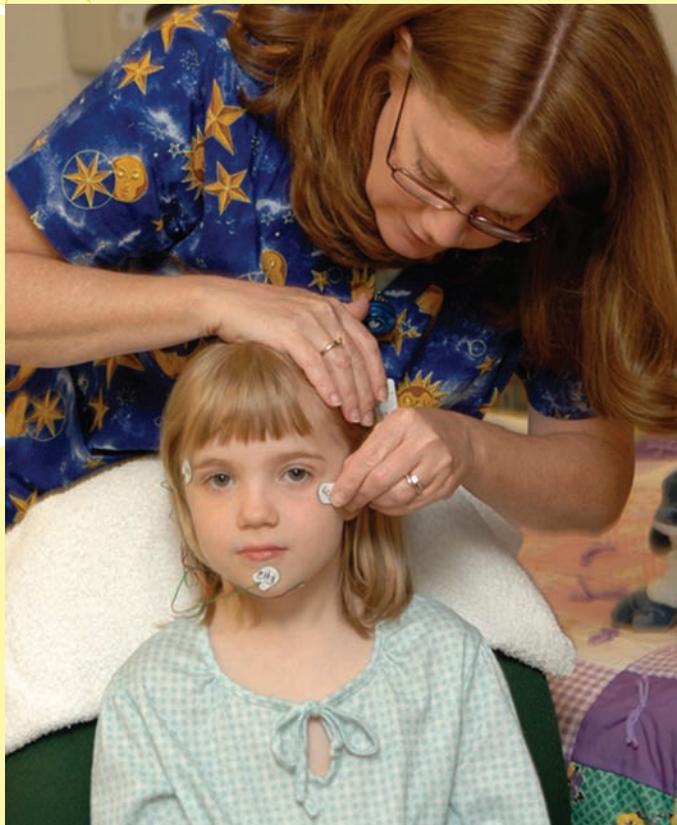
While you sleep, the belts, electrodes and tubes will send information to our computer. It will tell us how well you're breathing. The computer also will keep track of the information your brain sends to your body.



If your body is working too hard when you breathe, we might wake you up and ask you to wear a soft mask.

The mask gives you more air, so you can breathe more easily while you sleep.

 **Good Morning!**



When you get up in the morning, we will take off all of the belts, tubes and electrodes. There might be some glue left in your hair. You can wash it out when you get home.

# Goodbye!



If you have to stay for another sleep study, we will tell you ahead of time.

When the test is over, most kids can go home!





**Gillette Children's**  
*Specialty Healthcare*

St. Paul (Main) Campus  
200 University Ave. E.  
St. Paul, MN 55101  
651-291-2848  
800-719-4040 (toll-free)

Maple Grove Clinic  
9550 Upland Ln. N.  
Maple Grove, MN 55369  
763-496-6000  
888-218-0642 (toll-free)

Burnsville Clinic  
305 E. Nicollet Blvd.  
Burnsville, MN 55337  
952-223-3400  
866-881-7386 (toll-free)

Minnetonka Clinic  
6060 Clearwater Dr.  
Minnetonka, MN 55343  
952-936-0977  
800-277-1250 (toll-free)

Duluth Clinic  
Lakewalk Center  
1420 London Rd.  
Duluth, MN 55805  
218-728-6160  
800-903-7111 (toll-free)

Mobile Outreach Clinic  
For locations and schedules:  
651-634-1938  
800-578-4266 (toll-free)  
[www.gillettechildrens.org](http://www.gillettechildrens.org)



**Gillette Lifetime**  
*Specialty Healthcare*

St. Paul – Phalen Clinic  
435 Phalen Blvd.  
St. Paul, MN 55130  
651-636-9443  
800-578-4266 (toll-free)

[www.gillettechildrens.org](http://www.gillettechildrens.org)