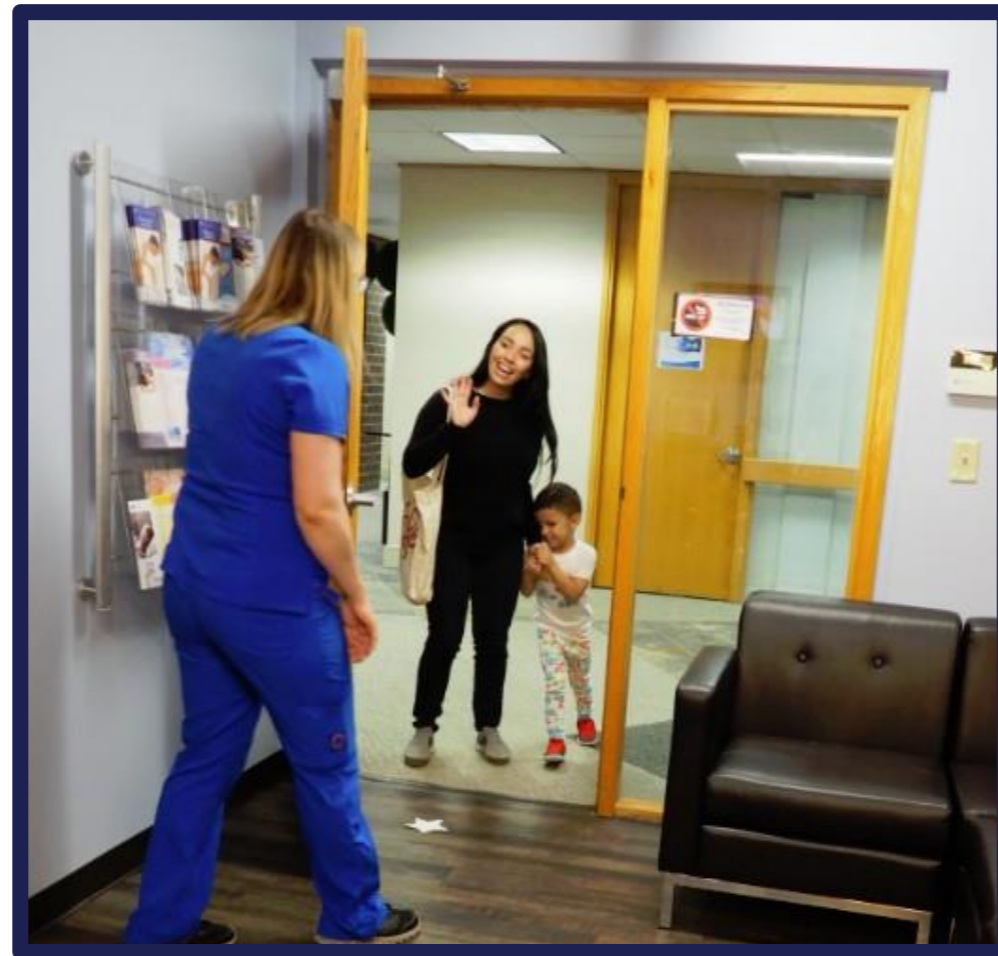


# My Sleep Study Visit



**Emerson  
Hospital**

I will arrive at the sleep center with my grown-up.



We will ring the doorbell and the sleep tech will let us in the center.

I will meet my sleep tech.



My sleep tech might ask me questions  
like my name and my birthday.  
I will also get a special of tour of the lab.

My sleep tech will show me the room where I will be sleeping. It might look like this.



I can bring my favorite toys and books from home.

My grown-up  
will stay in the room with me.



They will sleep in a bed that looks like this.



I will get ready for bed by putting on my pajamas, going to the bathroom, and brushing my teeth.

The sleep tech will talk with my grown-up for a few minutes. I can ask questions if I want.



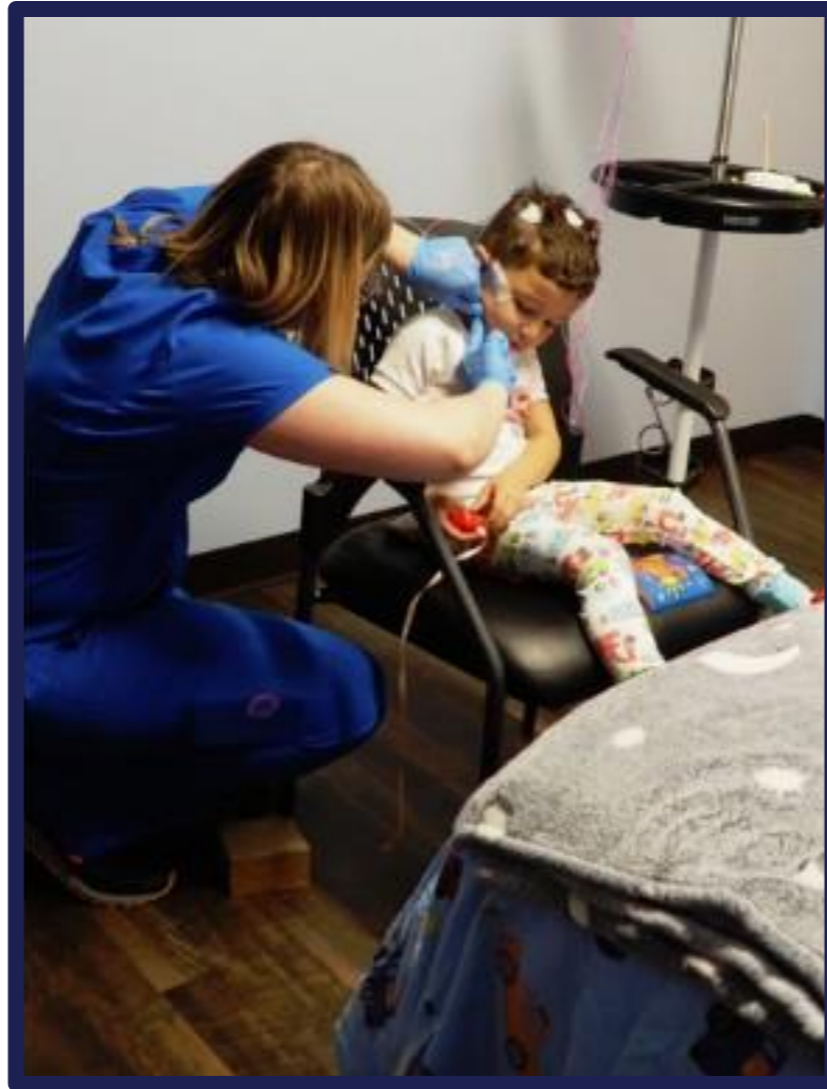
I will even get my own prizes in the morning for doing such a good job!

The sleep tech will measure my head. I will be still and have a calm body. The sleep tech will draw dots on my head with a special soft red crayon.



Don't worry! The sleep tech will use a special soap to rub off the crayon dots. The soap might feel a little sandy.





Next, small circle stickers with long colorful wires will be gently put on my head and face. They look a little bit like colorful spaghetti!

The sleep tech will put one belt around my chest and one around my belly.



Then, the sleep tech will wrap my head and use soft tape to help everything stay in place all night. I will relax and be calm.

The sleep tech will add stickers to my legs to watch for movements while I sleep.



The sleep tech will place a soft plastic loop under my nose.  
It may tickle a little bit at first.



When it is time to go to bed I can do my normal bedtime activities like read a book or hold my stuffed animal.



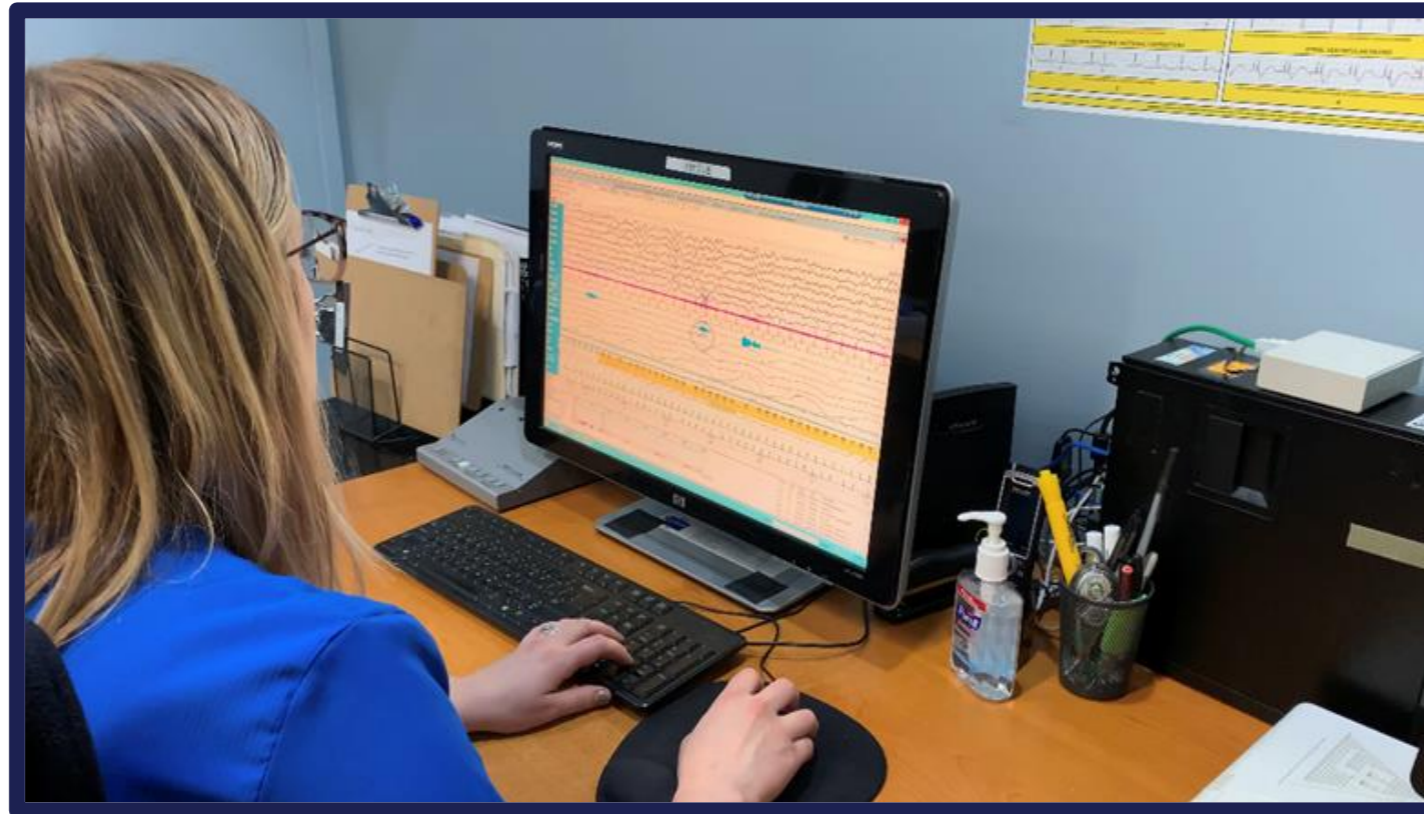
I will hear my sleep tech talking through a speaker. They will ask me to do silly things like look up and down or wiggle my feet. It's OK to laugh.

Now it is time to go to sleep.



The sleep tech might come in to check on me while I'm sleeping. This is OK. I am safe and I can keep sleeping or go back to sleep.

While I am sleeping, my sleep tech will be in the next room looking at a computer.



The sleep tech will be learning all about how I sleep!



In the morning, I will wake up and the sleep tech will ask me questions. They will take off the soft tape, wires, and belts.



When I am all done with my sleep study, everyone will be so proud of me for doing a great job!





We hope you enjoyed learning about our sleep center. If you would like to stop by the lab for a tour, please feel free to give us a call at 617-796-7766 to book a time and date! We are looking forward to meeting you!