



My sleep study at PCH

1



I want to sleep better so I am going to have a sleep study.

2



I am coming to Perth Children's Hospital for this.

3



I am packing some of my favourite things and what makes me feel safe and comfortable overnight.

4



From ground floor, I take the pink lifts to the 1st floor.

5



Next, I walk to clinic E.

6



The friendly staff will check me in.

7



I can then relax in the wait room.

8



I will meet one of the friendly sleep scientists who is going to be my helper.

9



They will take my temperature and put on my name band.

10



My helper will measure my height and weight.

11



My helper will show me to my room and bed.

12



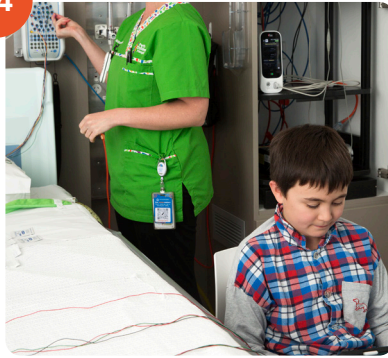
My caregiver will help me get ready for bed. If at any stage I feel things are too much I know I can ask for a break.

13



If I want to I can watch a video, play quietly next to the bed or eat my food.

14



When my helper is ready they will ask me to sit in a chair next to the bed.

15



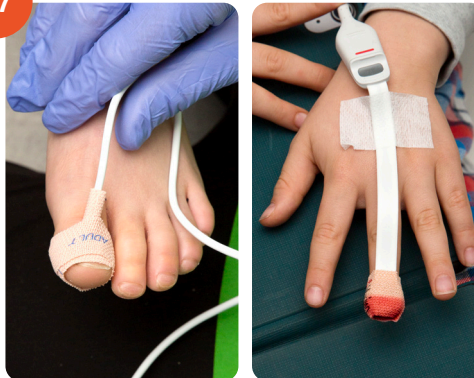
My helpers will measure my head and draw marks on my head with a soft pen.

16



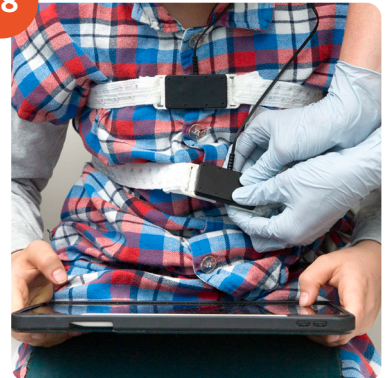
My helpers will put gel and stickers on me attached to wires. The gel may feel cool.

17



My helpers will put a light on my finger or toe that glows in the dark.

18



My helper will put two sleep belts on me.

19



My helper will put two breathing sensors under my nose.

20



I am ready for bedtime. My helper will adjust the light for sleep.

21



My caregiver will sleep in a bed next to me all night.

22



If any of the stickers fall off while I'm sleeping a helper will come in to put them back on.

23



When I wake up the stickers will be removed gently with magic wipes and spray so the stickers slide off easily.

24



It's time to go home!