**SLEEP**

**STUDY**

**STORY**

**WARD F3**

Step 1

For the first step we need to give you two bands to help

to look at how your tummy moves.

You will have one over your chest

and one over your tummy.

They have popper to keep each band together.

They are soft and stretchy and do not hurt.

We then attach your bands to your

Sleep Study Box.



Step 2

We then need to attach a small black box with a

blue wire to your chest band.

The small black box does not touch you.

The black box tells us which way you are

lying on the bed.

We then attach the blue wire to your

Sleep Study Box.



Step 3

While you are asleep we need to check your heart rate

and Oxygen in your body.

To help us do this, we need to put some small sticky tape

with a red light round your finger or toe.

This does not hurt and the wire will move with you

while you sleep.

We then attach the white wire to your

Sleep Study Box.



Step 4

While you are asleep we need to measure your breathing.

To help us do this, we need to put two little tubes

that rest just inside your nose.

These might feel a bit funny to begin with.

To help them stay on your nose we put them over

the top of your ears and put a small bit of special

sticky tape each side of your face.

They are attached to a bigger tube that is

connected to your Sleep Study Box.



Step 5

The wires and tubes are ok while you sleep.

We need you to keep them on all night to

get the best results.

Night Night, Sleep Tight…..

