



A Sleep Study Experience

Why do a sleep study?

My name is Alice and I had been feeling tired during the day. It was hard to wake up properly in the morning. I had tired eyes and yawned a lot.

Mum took me to see a sleep doctor and he asked me and Mum lots of questions. The doctor said I should have a sleep study and said that I would spend one night in hospital.



Before I went into the sleep clinic to have my sleep study, I was asked to have a shower and wash my hair and had early dinner. I took my pillow with me. I was feeling a bit nervous.

The sleep clinic was in a hospital but it felt like going to a hotel because I had a big bedroom all to myself. It was cool.

I had a wrist band put on and met the sleep nurse Sally who was really nice. She told me she was going to put lots of wires and some little stickers on me which were going to tell them about how well I slept and how many times I wake up during the night.

They can also tell if I stop breathing in my sleep and how many times this was happening.





First, I got into my pyjamas, relaxed and when the sleep nurse Sally was ready I sat in a chair ready to start.



It took a while (about 45 minutes) to put on all the wires and Sally explained everything as she went. I asked questions too. First Sally put stickers on my legs and two thin bands around my chest. So far, all good.



Then Sally put the wires on my head and face. She gave my skin a little clean first.



When I had the wires on it was a thumbs up by me and Sally. Mum said I looked like a Christmas tree. Mum helped me with a questionnaire.



I hopped into bed and had a little bit of supper. When I was ready to go to sleep, Mum said goodnight and told me she would see me in the morning.

Before turning off the light I relaxed. After putting a small wire on my finger to measure oxygen and a little wire under my nose that checked my breathing Sally did a final check of everything and a test to make sure everything worked. It was all ok. Sally told me I could roll onto my side and move as I normally would during the night.



I was given a buzzer in case I needed help during the night.

It took me a while to go to sleep but I did. One of the leads came off when I was asleep so Sally came and put it back on again. I woke up a little bit but went back to sleep pretty quickly. It wasn't a big deal.



I didn't sleep as well as at home, but that was OK as Sally got lots of information about my breathing and my sleep. In the morning, she took off all the wires and I had a shower and breakfast.



I packed up my bag and Mum came in to take me home.



I went back to see the sleep doctor two weeks later. He told me that I had a sleep problem called sleep apnoea because I stopped breathing many times during the night and my body had to wake up just for a moment to start breathing again each time. This was the reason why I was so tired during the day.



To fix this he told me I should give CPAP a try. This is a little machine which sends air into my nose by wearing a mask and I wear it whenever I go to sleep. This air keeps my throat open so I don't stop breathing and best of all he told me I should start to wake up feeling refreshed.



I was feeling nervous when Mum and I went to the CPAP place. I met with a CPAP expert and he fitted the right mask for me and gave me a go with the machine. He explained everything. The air felt a bit strange at first, but I got used to it

I wear my mask and CPAP every night. It sits on my bedside table and it is really quiet when it is on.



I have lots of energy and my eyes aren't tired anymore when I wake up each morning and I can go about my day.





** Names have been changed in this story to protect the privacy of those involved.*

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