



# Going to get my sleep mask



**maxiSHARE**

This booklet was written and produced by the Down Syndrome Clinic and the Sleep Center at Children’s Hospital of Wisconsin. Thank you to Kathryn Burish (model), Korina Flint (respiratory therapist), and Terri Couwenhoven (Down Syndrome Clinic Coordinator).

## Layout and design

Brian Herteen—Product Developer, maxiSHARE

Pat Rogers—Photographer

## Special thanks

This booklet was made possible through generous support from the **Jeremy Trau Research and Education Fund**, a fund created to support research and education projects at the Down Syndrome Clinic. For more information about supporting the Down Syndrome Clinic, contact the Clinic Coordinator at (414) 266-6259 or the Children’s Hospital Foundation at (414) 266-6100.

No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means, electronic, mechanical, photocopy, recording, or otherwise, without prior written permission from the publisher.

*Printed in the United States of America.*

Published and distributed by maxiSHARE.

© 2017 Children’s Hospital and Health System. All rights reserved.



## Note to parents and caregivers:

The Down Syndrome Clinic has developed this booklet to help prepare individuals with Down syndrome for CPAP use. This book uses pictures to help patients understand the purpose of the mask and why it will help them. Preparing them ahead of time can help them know what to expect, reduce anxiety, and improve compliance with using a mask.

## How to use this booklet:

We recommend that you introduce this story once a sleep problem is identified and before your scheduled appointment for a sleep mask.


You can have the individual read the story, or you can read the story to him or her.





People wear  
masks for lots  
of reasons.






The doctor told me  
I have a breathing  
problem when I  
sleep.


The mask and  
the machine I am  
getting will help  
me sleep better so  
I can be healthy.






There are many kinds of sleep masks. The masks people wear to help them sleep better are called CPAP or BiPAP<sup>®</sup> masks.






I may need to  
try on different  
masks to find  
the one that  
will work best  
for me.






Some sleep masks cover the nose.  
Other ones cover the nose and the mouth.





My helper will  
make sure the  
mask is just  
right for me.






My mask will  
need a hose that  
is connected to  
a machine.


The machine  
will blow air  
into the hose.  
It will feel like  
wind or a fan.





My helper will  
connect the machine  
to my mask. I will  
feel the air blowing  
inside my mask. The  
air in the mask helps  
me breathe better  
when I sleep.






After we find the right mask, my helper will let me get used to it at home while I am awake.


I will get to do something fun while I practice.






Now that I have  
my mask, I will  
have another  
sleep study to  
find out how  
much air I need  
when I sleep.






A few weeks  
after my sleep  
study, I will get  
a machine to  
use at home.  
Another helper  
will show me  
how to use it.






Because I have  
a breathing  
problem when I  
sleep, I will need  
to wear my  
mask all night  
every night.





Keeping the  
mask on will  
help me get  
the sleep I  
need.





When I get the  
sleep I need, I  
will have more  
energy and feel  
better!

To learn more about the Down Syndrome  
Clinic at Children's Hospital of Wisconsin, visit:

<http://www.chw.org/medical-care/down-syndrome-clinic/>

**maxiSHARE**



[www.maxishare.com](http://www.maxishare.com)

PO Box 2041

Milwaukee, WI 53201

(800) 444-7747

Fax (414) 266-1540