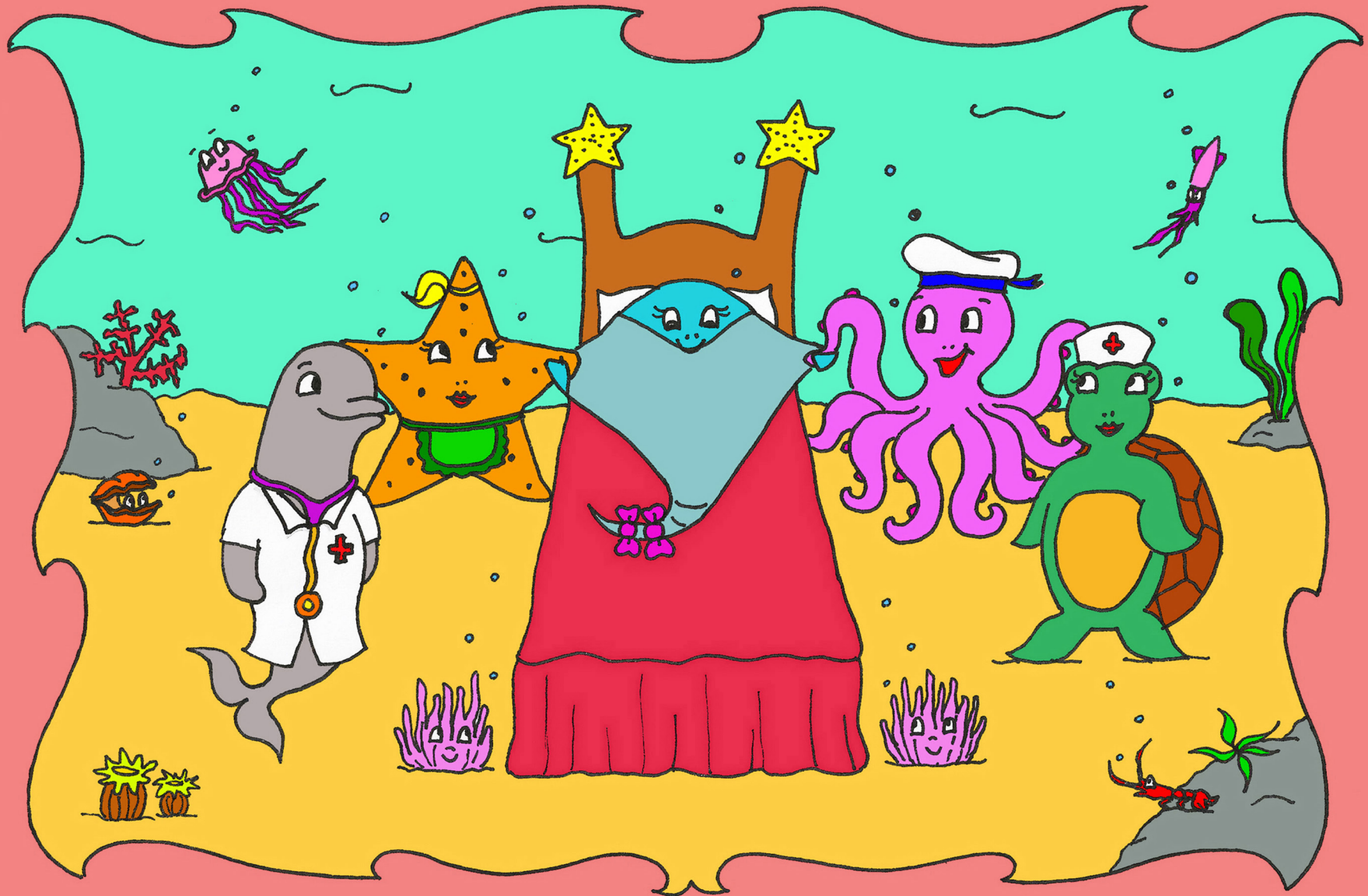


SAMANTHA THE MANTIA FISH

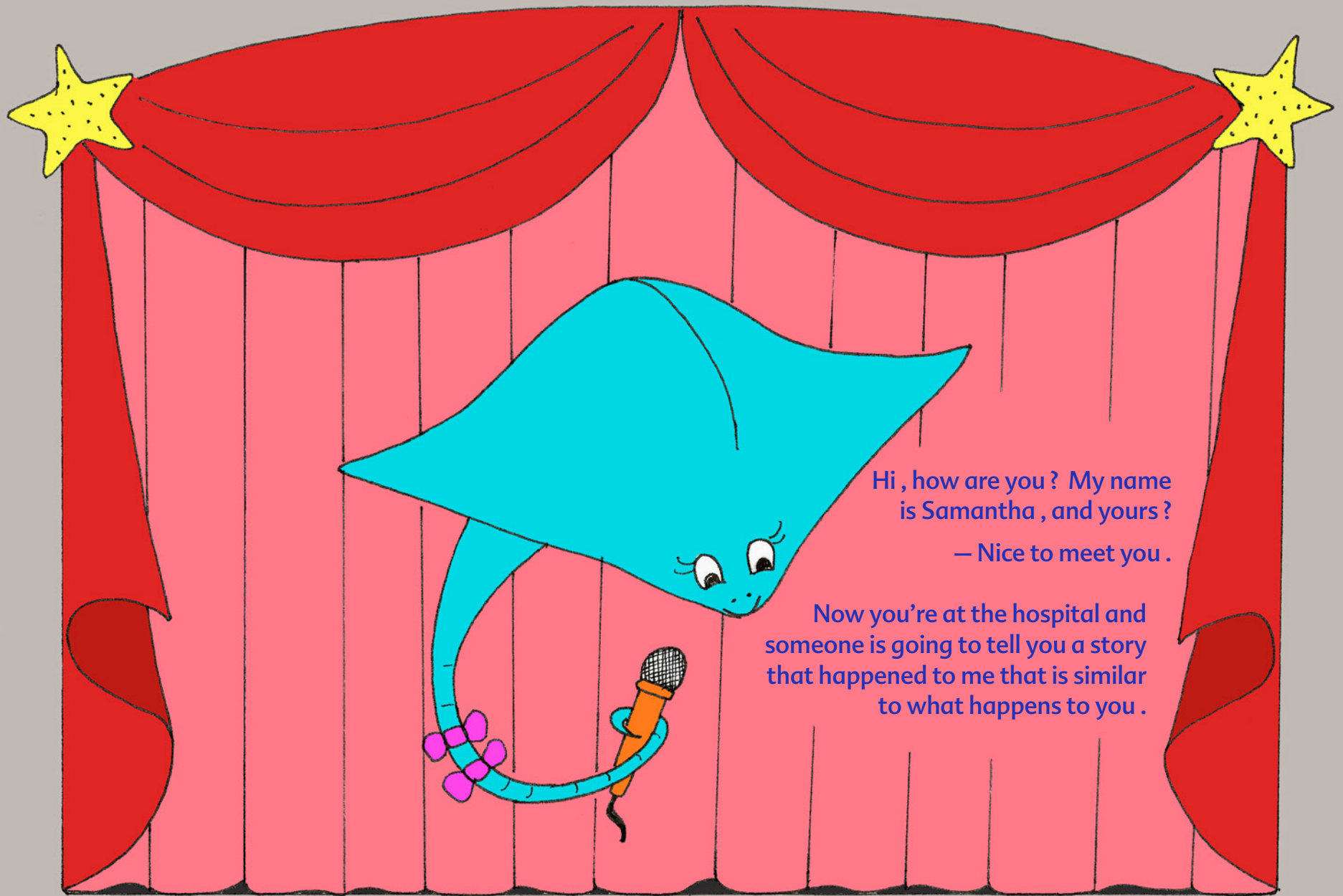


Texts

ANA M^a GARCÍA DE MOTILOA GÁMIZ

Illustrations

RAQUEL GONZALO GARCÍA DE MOTILOA

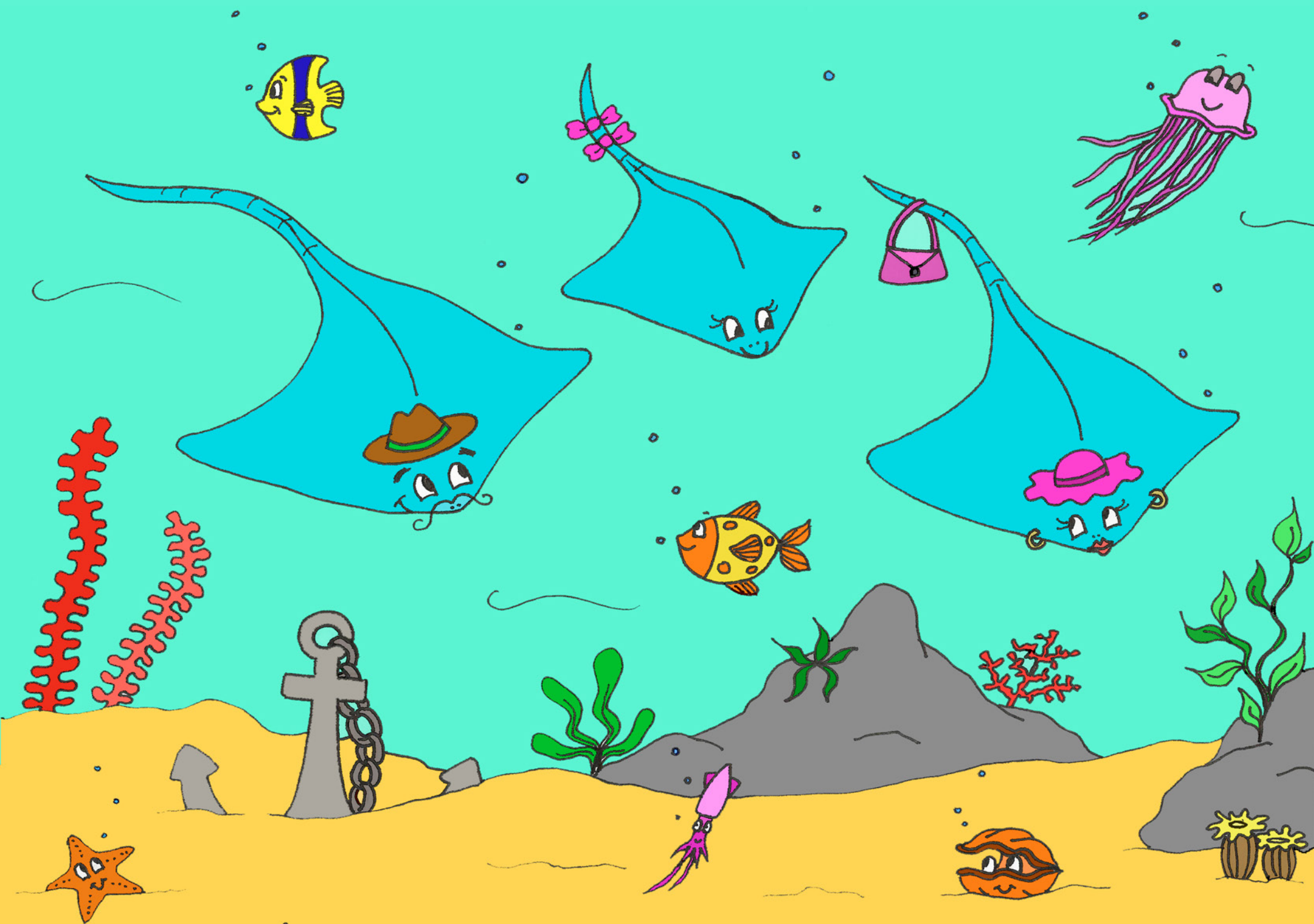


Hi , how are you ? My name
is Samantha , and yours ?

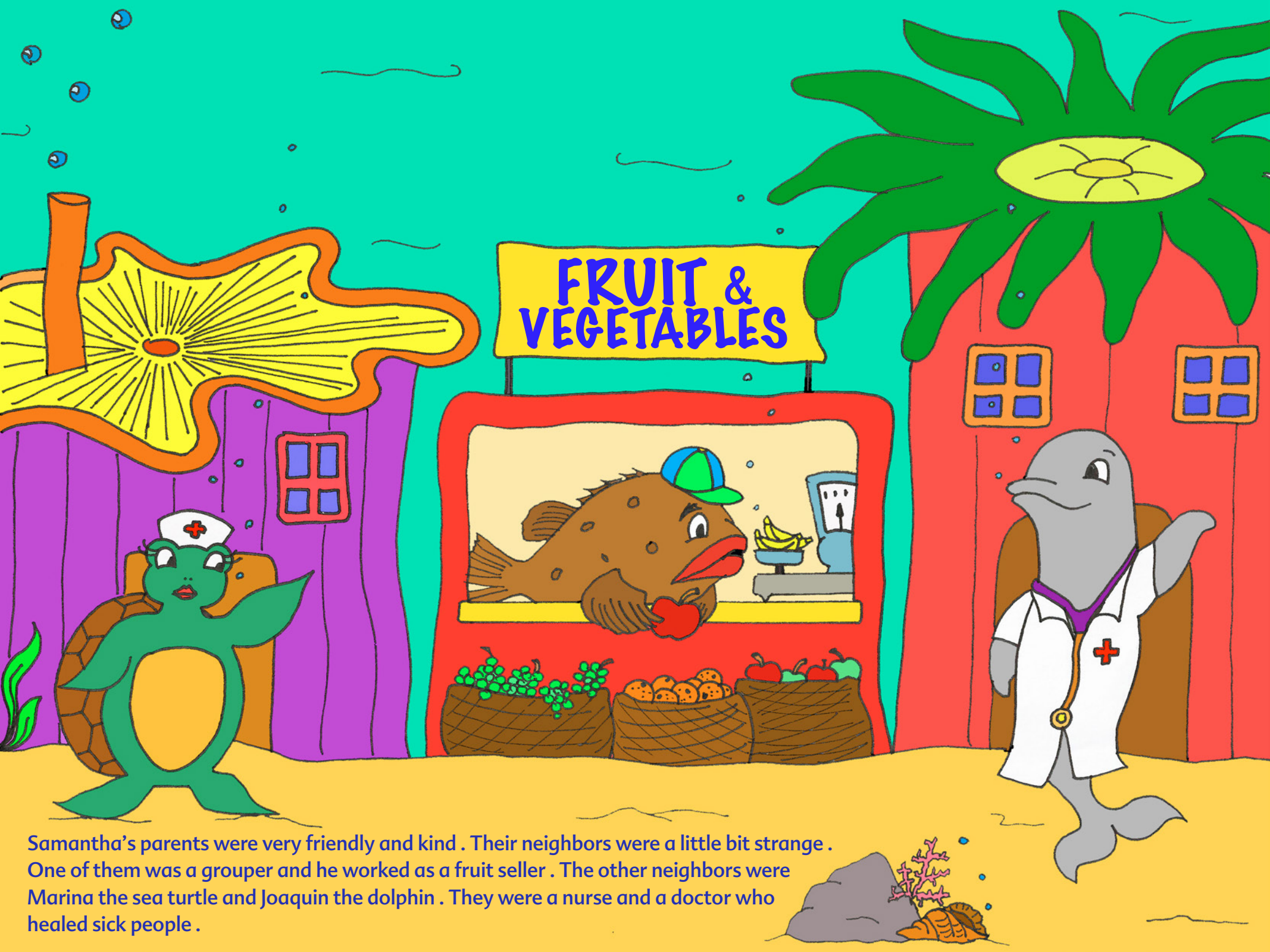
— Nice to meet you .

Now you're at the hospital and
someone is going to tell you a story
that happened to me that is similar
to what happens to you .

Pay attention ... the story is going to begin !



Samantha was a manta fish who lived with her parents in the warm waters of the coral sea .



Samantha's parents were very friendly and kind . Their neighbors were a little bit strange . One of them was a grouper and he worked as a fruit seller . The other neighbors were Marina the sea turtle and Joaquin the dolphin . They were a nurse and a doctor who healed sick people .

For a long time Samantha felt tired during the day because at night she wasn't able to sleep well. Because of this Samantha used to have a nap. After having the snack she went for a walk with her parents to the park. One day while they were going for a walk they met Joaquin the doctor.





—After saying hello to each other and talking for a while about Samantha’s dream , the dolphin doctor asked a question to Samantha :

—What’s happening to you, Samantha?

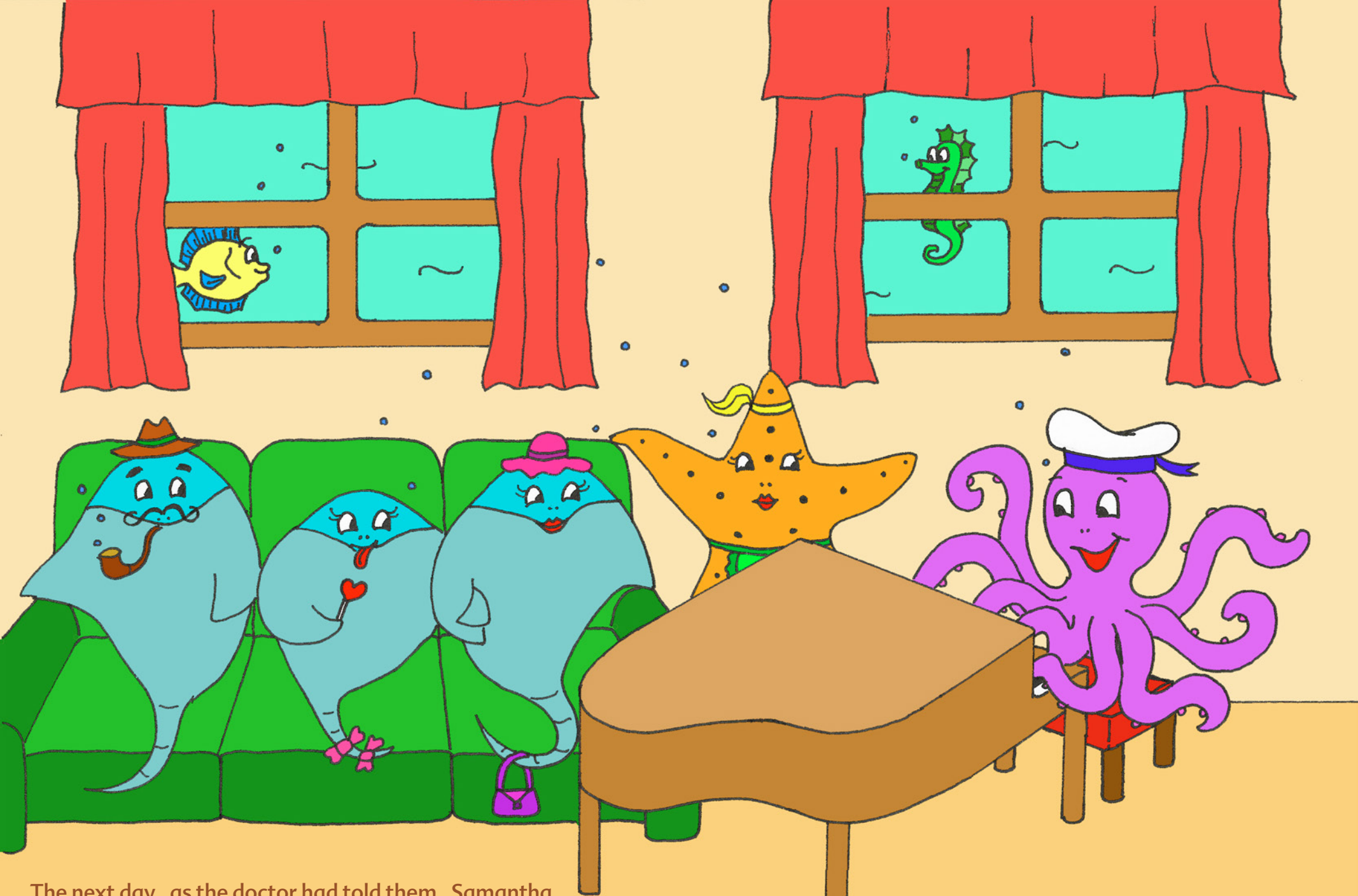
—At night , when I’m sleeping , I have hiccups and ... that’s all I know, that’s what my mum tells me —said Samantha .

—When she has hiccups , she goes out of the water and she has difficult breathing —added her mum .

—Oh that’s what we call APNEA— answered Joaquin the dolphin .

—And because she is not able to sleep she feels tired all the day —said Samantha’s dad .

—To treat that problem you have to visit Federico the octopus and his assistant Mireia . Federico knows how to heal the hiccups —that was the advice of the dolphin .



The next day , as the doctor had told them , Samantha and her parents went to look for Federico the octopus and his assistant Mireia . She was a starfish . Federico was a nice and kind octopus . He had three healthy hearts and he played the piano with his eight hands . After speaking for a long time , Federico found the solution to help Samantha to sleep all the night .



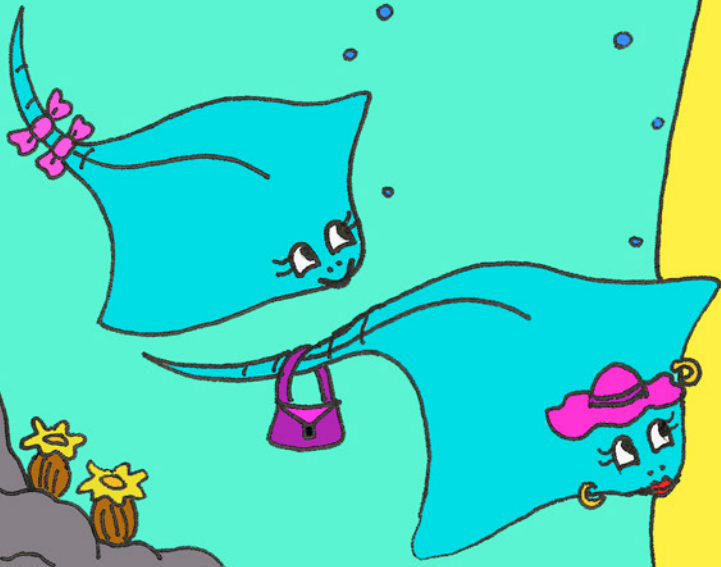
—One Monday in May , Samantha and her mum went to the sea hospital , because she had to spend the night there .

Federico , Mireia the starfish and a not very old clam, a conch , some sea anemones , a sailfish , Joaquin the dolphin and Marina , the nurse , were waiting happily for Samantha .

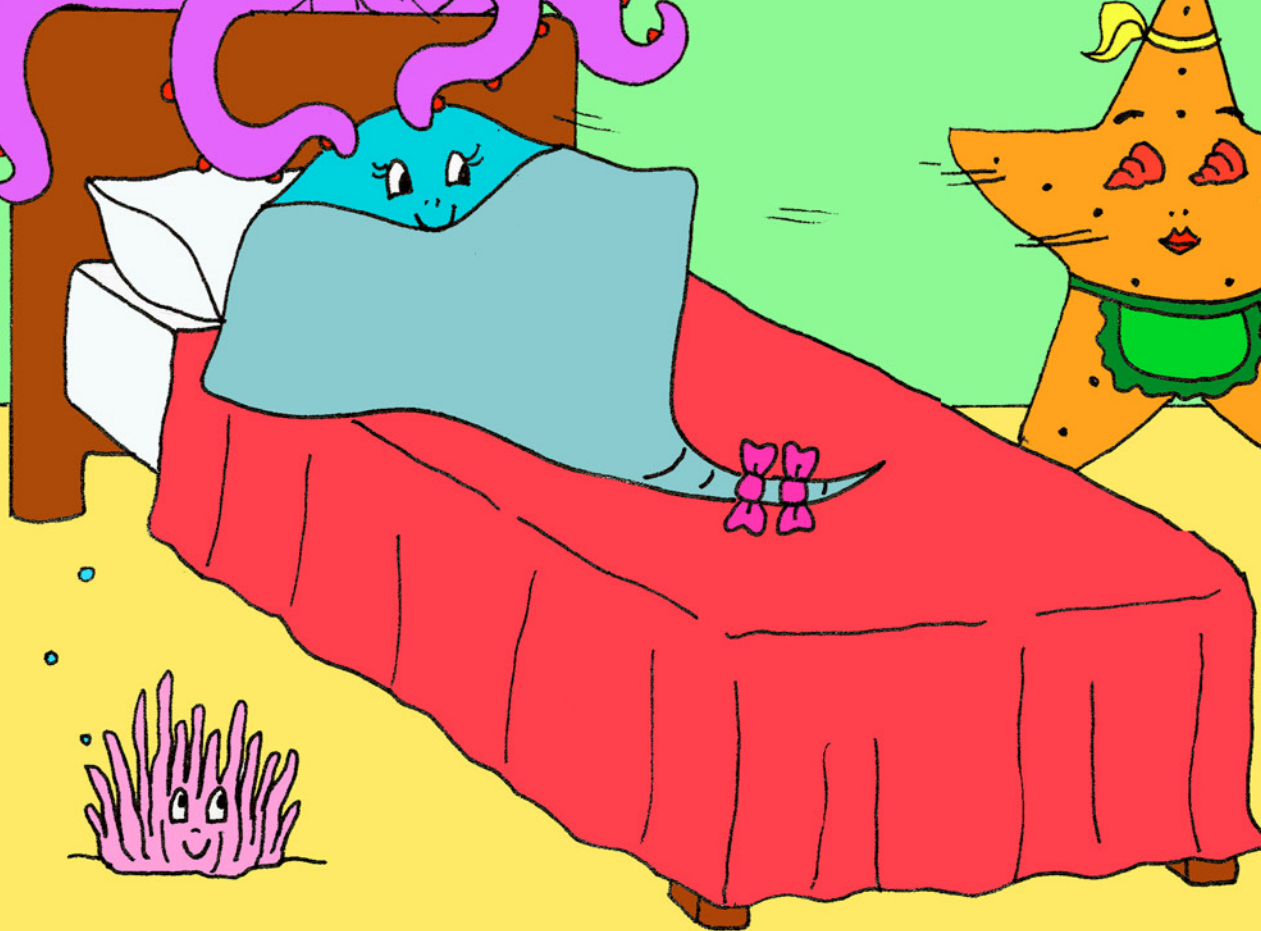
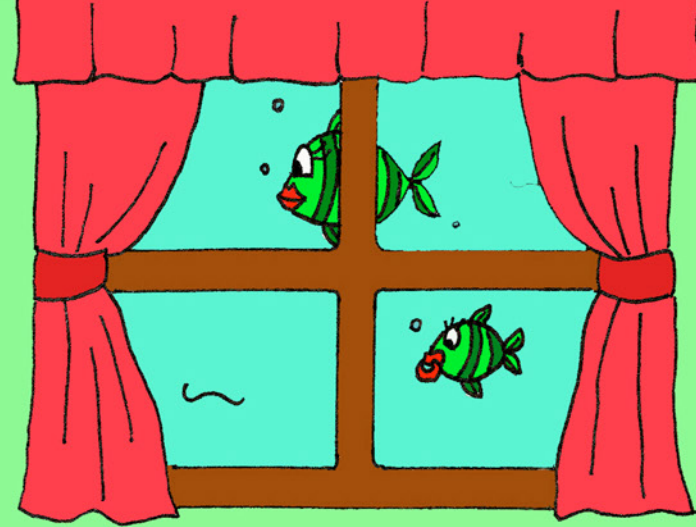
— Hi, Samantha ! , How are you ? Here all of us want to help you , and we will be by your side . Although you will be asleep, we will be looking at how you breathe —said Marina the turtle with her peculiar voice .

—Also, we will count how many times you have hiccups —said Federico the octopus .

HOSPITAL



ACHOO!



After listening to them ,
Samantha was relaxing
on a bed .

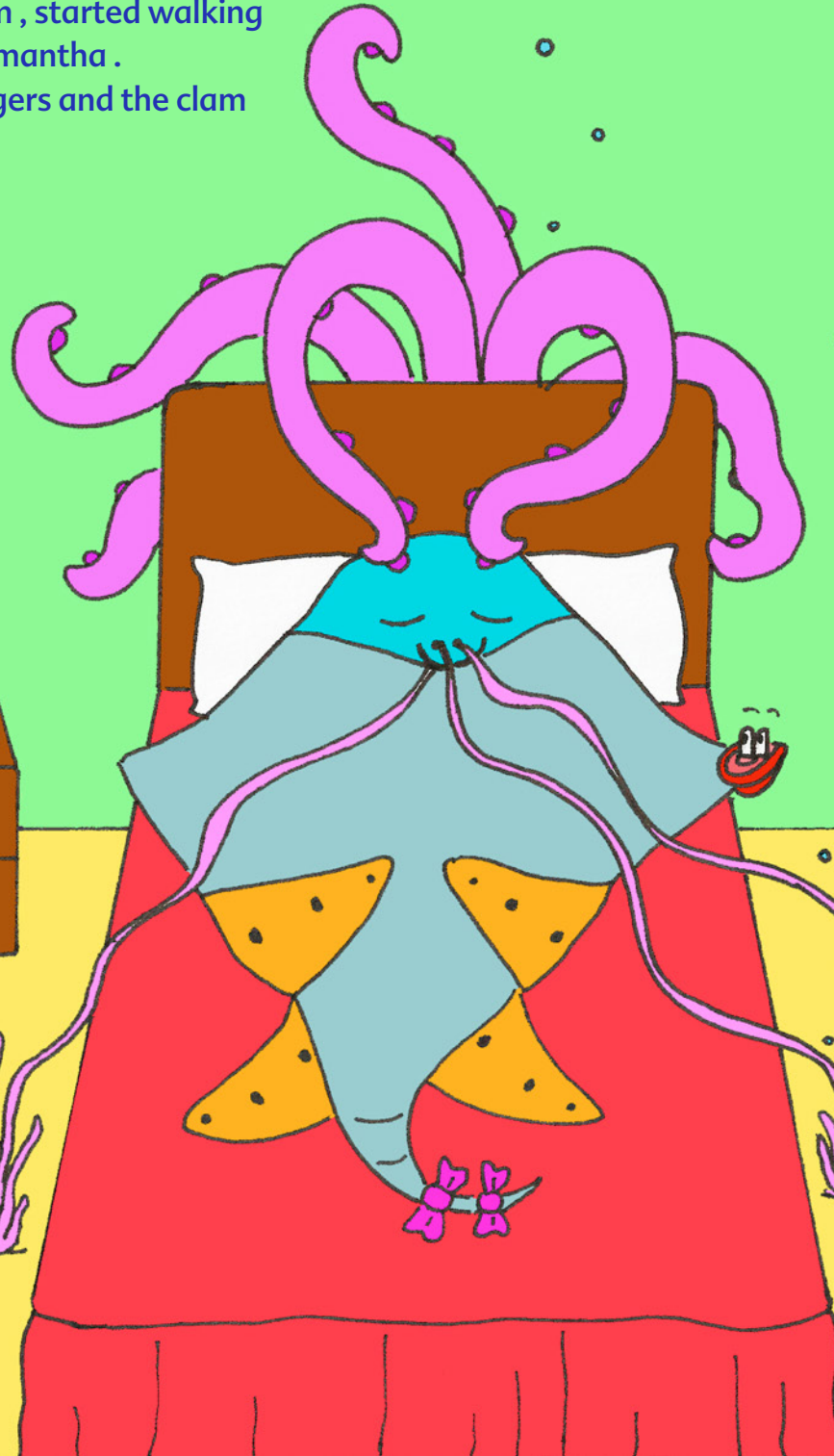
Federico , the octopus ,
who was behind her , put his
tentacles on her head
affectionately . He put
his tentacles to count the
times that Samantha was
having the hiccups .

Suddenly when Federico
was ready , he sneezed and
the two conches ended up on
the starfish 's eyes .



After that , two sea anemones climbed up to Samantha´ s nose and another one to her mouth . Mireia the starfish , who was in that room , started walking and finally she stopped walking and she got close to Samantha . After some minutes a clam took one of Samantha´ s fingers and the clam blushed , and Samantha finally went to sleep .

HUSH !



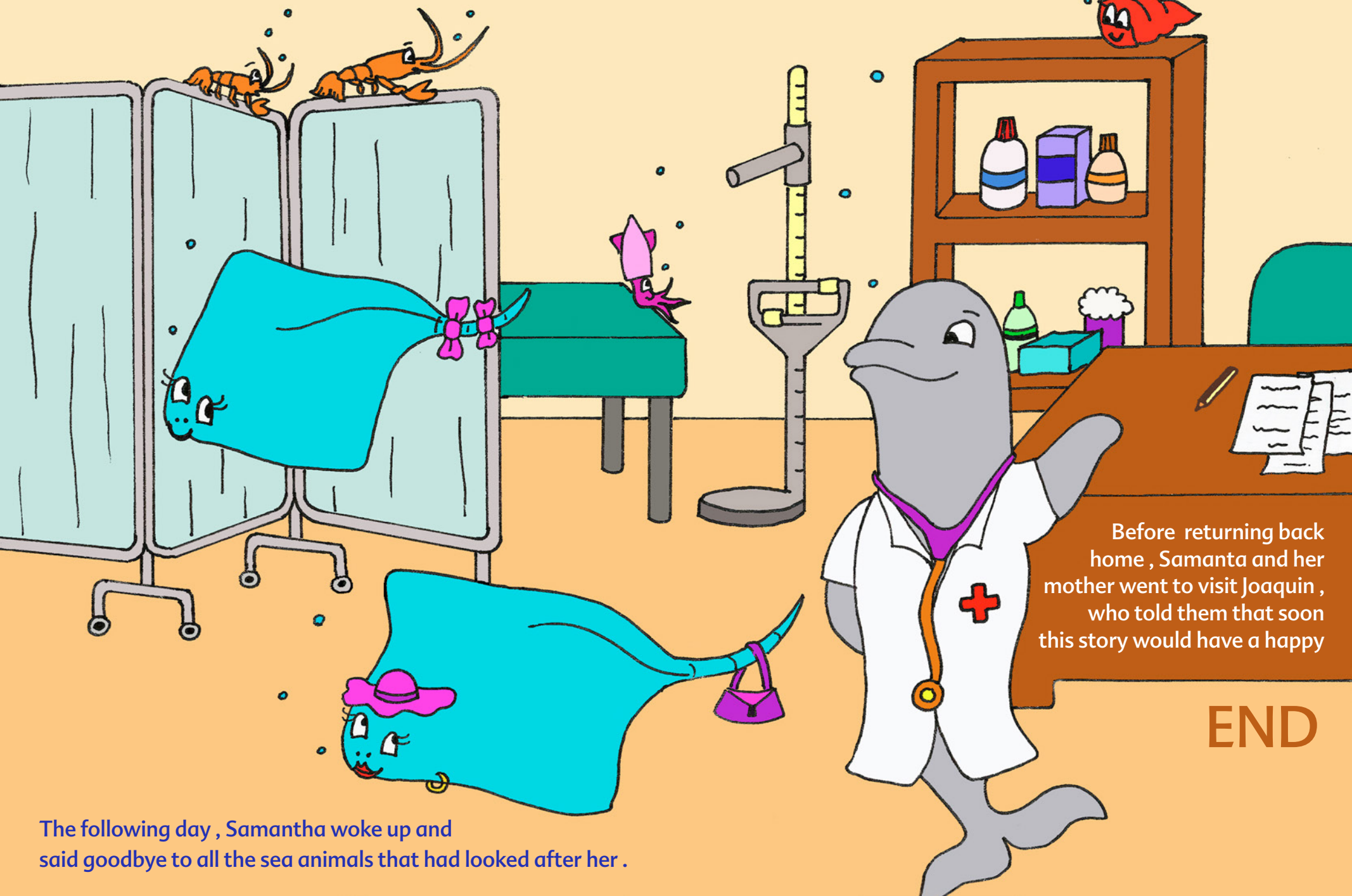
— Quiet ! , We have to talk quietly , because we have to count correctly how many times she has hiccups — said Marina , the nurse , with her peculiar voice .

These sea animals were going to look after Samantha .
They were going to see how she was sleeping , because sometimes she
had calm dreams and sometimes when she had hiccups she started moving .



Nela was by her side with a white notebook .
She took all her notes on the notebook : Samantha´ s hiccups , how she
was breathing and if she was moving too .

Samantha's mum spent all the night there with those sea animals looking after Samantha . She sometimes spoke in a low voice because she didn't want to wake up Samantha . Nela told them that the notes she had taken were going to be used to heal Samantha's hiccups . She told them too that the APNEA was going to disappear .



Before returning back home , Samanta and her mother went to visit Joaquin , who told them that soon this story would have a happy

END

The following day , Samantha woke up and said goodbye to all the sea animals that had looked after her .

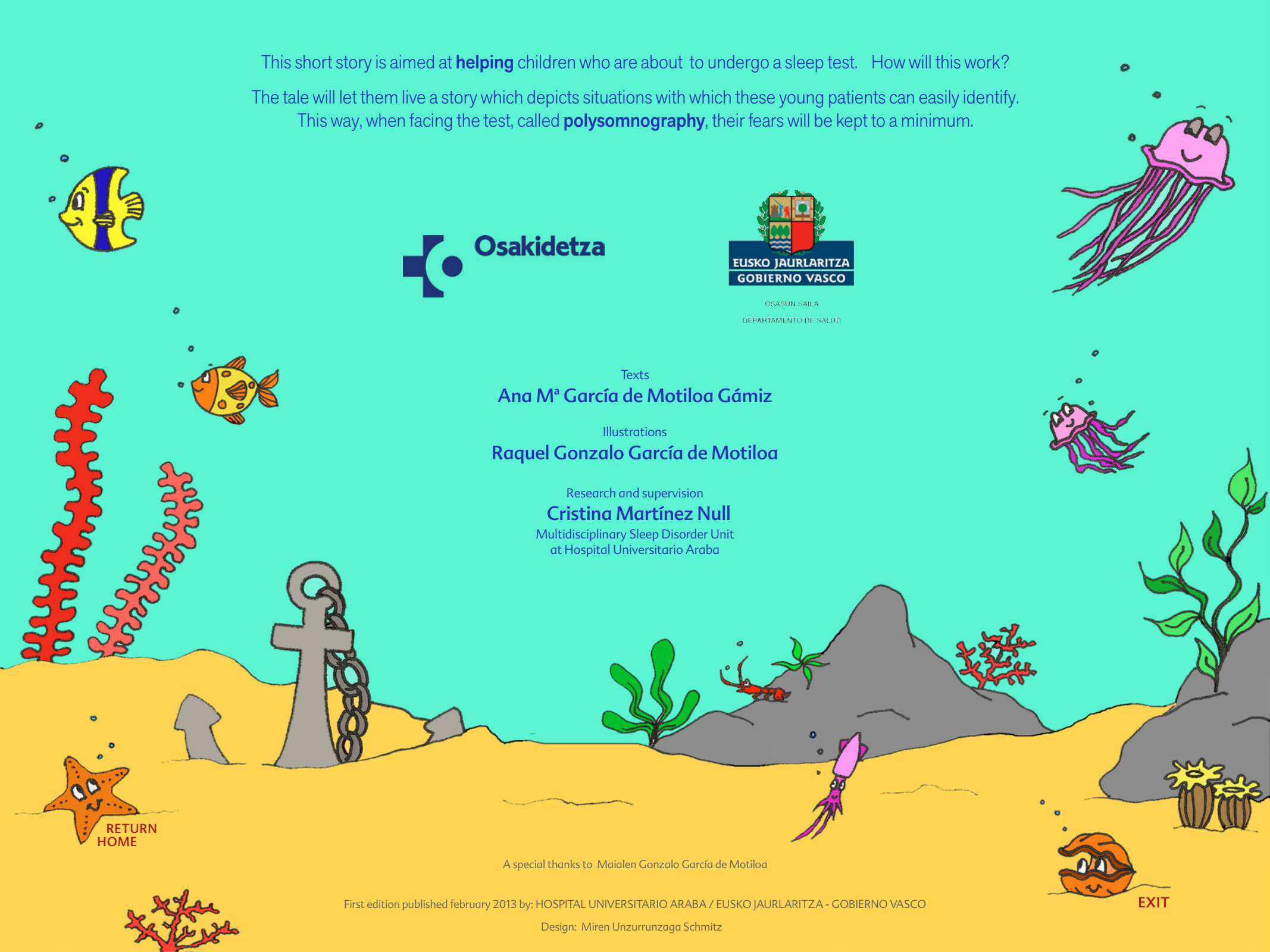
This short story is aimed at **helping** children who are about to undergo a sleep test. How will this work?
The tale will let them live a story which depicts situations with which these young patients can easily identify.
This way, when facing the test, called **polysomnography**, their fears will be kept to a minimum.



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RETURN
HOME

EXIT

A special thanks to Maialen Gonzalo García de Motiloa

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