



## What to expect at the sleep lab...

- Arrive at the sleep lab at 7:30PM.
- Tour the facility and the room.
- 10-15 minutes to change clothes, get comfortable, and get ready for bed.
- Getting hooked up; the sleep tech will take approximately 45 minutes to attach leads while you sit comfortably in a chair.
- Once hooked up, you can relax, use the restroom, talk on the phone, watch TV, walk around, or have a light snack.
- 11:00PM is lights out. The tech will plug you in with two simple wires and test the leads to make sure they are all still in their proper place.
- You may sleep in any position, just as you would in your own bed.
- If you need to get up during the night, it's very simple. The tech will only have to disconnect two wires.
- You will be woken up at 6:00AM. The tech will unhook all of the leads, this will take about 15 minutes.
- You are then free to leave or take a shower, if available.

Children may bring familiar objects such as toys, books or blankets. Parents have the option to sleep on a pull out sofa in the room with the child.

Phone: (704) 377-5337 (option #2)

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