

CHRISTIE CLINIC SLEEP CENTER

What is it like to have a sleep test?

Here's what some people have said:

- "Simple and easy."
- "It was a relaxing atmosphere."
- "The room was very nice."
- "It went better than I thought."
- "I was very comfortable."
- "Excellent service! Friendly and helpful staff. Very nice visit."

How does it feel?

We will lightly scrub small areas of your scalp and skin before putting the sensors in place. It feels a little scratchy, but most people aren't bothered by it.

Don't worry about whether you will be able to sleep. Many people are surprised that they do sleep well wearing the sensors. Even if you do not feel you slept well, the doctor can usually tell what kept you from reaching deeper sleep.

Is it really that important?

Yes. Sleep tests aren't just about sleep quality. They show how well you breathe during sleep, and whether your heartbeat stays at a normal rate. Getting treatment for sleep disorders may lower your risk of heart attacks and strokes.

Want to know more?

Contact Christie Clinic Sleep Center at 217-355-1684.