

One night in the sleep laboratory



What do I have to consider? What do I bring with me?

To stay with us you need the same luggage as for an overnight stay in a hotel. On arrival you will be met by my friendly sleep medicine staff who will show you your room, explain the exact procedure of the sleep examination and, of course, explain the technical equipment to you.

If you are taking medication, it is imperative that you inform us. If you have any special needs that have to be taken into account for medical or other reasons, please also let us know.

After the general introduction, you can put on your sleeping clothes and prepare to go to sleep according to your habits. If there are waiting times until the staff applies the electrodes to you, you can read, watch TV or simply relax in the meantime. If an appointment or something else is due the next day, you will be woken up in good time.



What exactly happens in the sleep laboratory?

All clinical pictures that disturb sleep can be diagnosed in our sleep laboratory. The examination does not represent any physical strain and hardly restricts your mobility. You can get out of bed at any time.

In order to be able to analyze your sleep, brain activities and body functions must be registered / measured. For this purpose, electrodes are connected to an amplifier with sufficiently long cables, which forwards the signals to the computer. This measurement allows us to identify the particular sleep stage in which the sleeper is currently. A microphone picks up all the breathing sounds you make during the night. A clip on your finger uses infrared rays to analyze how much oxygen your blood carries during the night. Your sleep is monitored around the clock in a separate room, and if a sensor should come off this can be remedied immediately.

Put simply, our sleep laboratory is a feel-good room in which the sleep stages and certain body functions such as breathing, heart rhythm, body position and movement are recorded using complex measurement technology.

If you have been prescribed a mask, please bring it with you.

We wish you a pleasant stay and a successful examination in your sleep laboratory in Wiesbaden!

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