



## Monroe Institute of Applied Sciences

P. O. Box 94-C  
Faber, Virginia 22938  
Phone (804) 361-1252

### RE/ THE CHEC UNIT

The alcoves built into each room at the Center were developed by the Institute to serve several purposes. CHEC is the acronym for Controlled Holistic Environmental Chamber. The principal CHEC function is to enhance the effectiveness of individual sleep patterns.

Sleep in the CHEC unit is different. Adjusted to suit your personal needs, it will help you sleep more deeply, go to sleep more easily, and require less. You will awaken in a better mental frame, refreshed, alert and full of energy. Some of the CHEC features that help you attain this are:

(1) Isolation: External stimula and distractions such as light and sound are sharply reduced. This is the purpose of the enclosure - to hold these to a minimum as well as temperature changes, drafts, and the movement of others.

(2) Privacy: In the CHEC, you are free to be exactly as you desire during sleep. If you snore, you don't have to be concerned about bothering someone. If you wish to sleep nude, no one can see you. You will not be interrupted during sleep unless you request it. No alarm clock needed, you will be awakened at the proper time. (There is a switch on the CHEC panel that turns on an outer DO NOT DISTURB light).

(3) Customized Space: With undesirable elements removed, each CHEC unit lets you adjust conditions to those most suitable for your sleep needs - by adding to the sleep environment. You can have silence, or various sleep producing sounds. You can have total darkness, or different patterns, colors and intensities of light. You can adjust the individual air flow of each CHEC to the temperature you like best for sleeping. A special mattress alters form to fit your body contour.

After you have been installed in your room, one of the Center personnel will help you become familiar with the CHEC control panel. You can then experiment to determine how you sleep best.