Nikhil Desai

Sleep Lab Technician

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SUMMARY

Sleep lab technician with 2 years at a 4-bed outpatient sleep lab, CPSGT since 2026 and a biology degree. Runs overnight polysomnography hookups and monitoring, sets up home sleep tests and keeps equipment, supplies and charts ready for each night. Uses medical terminology with the team and plain language to prepare patients for their sleep studies.

EXPERIENCE

Sleep Lab Technician

08/2024 - Present

Lakeshore Sleep Diagnostics — Cleveland, OH

4-bed outpatient sleep lab owned by a pulmonary practice.

- Conduct overnight sleep studies on 2 patients a night, about **280** studies since 08/2024.
- Complete sensor application and calibrations at lights out, fixing signal problems before the first sleep cycle.
- Manage CPAP on about 8 split-night studies a month and record each pressure change in the EHR.
- Teach 10 home sleep test patients a week to use the device, with 95% of returned tests readable.
- Maintain infection control on masks, sensors and beds, with 0 findings in 2 lab inspections.

Undergraduate Research Assistant

01/2023 - 05/2024

Cleveland State University Sleep and Health Lab — Cleveland, OH

Part-time research role in a psychology department sleep lab.

- Collected sleep diaries and actigraphy data from 60 study participants over 2 semesters.
- Entered and double-checked study data in REDCap, keeping the error rate below 1%.
- Scheduled 15 participant visits a week and explained consent forms in plain language.
- Organized equipment check-out for 20 actigraphy devices, charging and tracking returns so no study night was lost.

SKILLS

- **Sleep Studies**
- **Polysomnography**
- **Sensor Application**
- **Home Sleep Test**
- **CPAP**
- **Infection Control**
- **Actigraphy**
- **Medical Terminology**
- **EHR**
- **Communication Skills**

EDUCATION

Bachelor of Science

Cleveland State University

Biology

Cleveland, OH

05/2024

CERTIFICATES

Certified Polysomnographic Technician (CPSGT)

Board of Registered Polysomnographic Technologists

02/2026

Basic Life Support (BLS)

American Heart Association

09/2025